

VEGETARIAN CHILI



CANADA AGRICULTURE AND FOOD
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Warm up with this delicious vegetarian chili. Packed full of veggies and beans, it's the perfect comfort food on a cold day!

Ingredients

- 2 tbsp (30 mL) extra-virgin olive oil or canola oil
- 2 medium carrots, diced
- 1 large red, orange or yellow bell pepper, diced
- 1 small yellow onion, chopped
- 2 cloves of garlic, minced
- 2 tbsp (30 mL) chili powder
- 1 tsp (5 mL) ground cumin
- ½ tsp (2.5 mL) salt
- ¼ tsp (1 mL) pepper
- 1 can (796 mL) diced tomatoes
- 1 cup (250 mL) vegetable broth
- 1 can (540 mL) red kidney beans, rinsed and drained
- 1 can (398 mL) black beans, rinsed and drained
- 1 can (341 mL) whole corn kernels, rinsed and drained
- Salt and pepper to taste

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- Juice of half a lime, plus wedges for serving

For the garnish (optional): Sour cream, chopped cilantro, extra lime juice or wedges, shredded cheddar cheese and tortilla chips

Preparation

1. In a large pot over medium heat, heat the oil for a minute.
2. Add the diced carrots, peppers, and onions. -
3. Stir to combine. Cook the onion until it's translucent and the vegetables are tender, about five minutes.-
4. Add the minced garlic and cook for another minute.
5. Add the ground chili, cumin, salt, and pepper; mix well.
6. Stir in the diced tomatoes and the vegetable broth.
7. Stir in the rinsed red kidney beans, black beans, and corn.
8. Reduce the heat to low and simmer for 20 minutes, stirring occasionally. -
9. Add the lime juice and add additional salt and pepper to taste.
10. Remove from heat. -
11. For a smoother texture, use a ladle to spoon half of the chili into a blender and pulse until pureed. Pour the mixture back into your pot and mix well. -
12. Serve warm with desired garnishes. Will keep in an airtight container in the refrigerator for up to five days. -

Note: This recipe is very versatile. You can substitute the red kidney beans or black beans for any other of your favourites (such as white kidney beans, chickpeas, mixed beans or lentils).