

Thick & Hearty Vegan Chili



By Hannah Janish - www.rawtillwhenever.com

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Description : Check out this amazing low fat, quick, cheap and easy chili! Perfect for the busy person or college student!

Prep Time : 10 Minutes

Cook Time : 240 Minutes

Total Time : 250 Minutes

Ingredients

- 1 Small Onion Diced
- 4 Medium Russet Potatoes Peeled & Chopped
- 3 15 oz Cans Diced Tomato
- 4 Stalks Celery Chopped
- 2 Tbsp Chili Powder
- 1 Tbsp Vegan Boullion
- 4 Cups Water + Additional (if needed)
- 3 15 oz Cans of Beans Rinsed & Drained (kidney, pinto, black, use what you like or have on hand)

Optional Ingredients

- 1 Cup Red Lentils
- 1-2 Tsp Cayenne
- 1 Cup Quinoa

Instructions

1. Prep and chop all your vegetables, rinse your beans, and add into crockpot. Add in all spices and water and stir well.
2. Set timer to 8-10 hours on low or 3-4 hours on high. If you are home, check this during the day to make sure it has enough water. If you add in the red lentils and quinoa you may need to add another cup of water halfway through the day and stir again.
3. If you skip the lentils and quinoa you should be fine. Serve over brown rice or by itself. This will freeze well or last in the fridge up to one week. Enjoy!

Full Recipe Link w/ Video

www.rawtillwhenever.com/thick-hearty-vegan-chili