



**VETRI  
COMMUNITY  
PARTNERSHIP**

EAT. EDUCATE. EMPOWER.



## HEARTY VEGGIE CHILI

### INGREDIENTS:

- 2 Tablespoons olive oil
- 1 medium red onion, diced small
- 1 large red bell pepper, diced small
- 2 medium carrots, diced small
- 2 stalks celery, diced small
- 1 ½ teaspoons salt
- 4 cloves garlic, minced
- 2 Tablespoons jalapeño, seeds removed, then minced
- 2 ½ Tablespoons chili powder
- 1 Tablespoon cumin
- 2 teaspoons smoked paprika
- 1 teaspoon dried oregano
- ¼ teaspoon cayenne
- 1 – 28-ounce can diced tomatoes
- 2 – 15-ounce cans black beans, rinsed and drained
- 1 – 15-ounce can pinto beans, rinsed and drained
- 2 cups vegetable broth
- 1 bay leaf
- 2 teaspoons red wine vinegar

### INSTRUCTIONS:

1. Heat olive oil in skillet or stockpot over medium heat. Add onion, bell pepper, carrot, celery, and salt, Stir to combine and cook until vegetables are tender, 7 to 10 minutes.
2. While vegetables are cooking, stir together chili powder, cumin, smoked paprika, oregano, and cayenne in a small bowl. When vegetables are tender, add the garlic, jalapeño, bay leaf and spice mixture. Stir and cook until fragrant, about 2 minutes.
3. Add tomatoes with their juices, drained beans, and broth. Stir to combine and bring to a simmer. Reduce heat and continue cooking on a low simmer for 20 to 30 minutes. Remove chili from heat and stir in red wine vinegar.
4. Carefully remove 1 cup of the chili to a quart container and pulse quickly with immersion blender until the chili has a thick consistency. Add blended chili back into the pot or skillet and stir to give the chili a thicker consistency.
5. Serve hot topped with garnishes of your choice!



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