

Vegetarian Chili

Makes 12 Servings

Preparation: 20 minutes , Cook Time: 25 minutes

Yield: 2 1/2 qts.

The Silver Chef - "Cooking Isn't Rocket Science...Baking Is Chemistry"

Soups/Stews

Developed by the Silver Chef

This is my version of a stick to your ribs chili great for any party. Even the most hard core carnivore will love this chili.



CHILI:

3 tablespoons olive oil
1 cup onions, chopped
3 cloves garlic, minced
1 large sweet red pepper, diced
1 medium jalapeño pepper, finely diced
1 1/2 cups celery, diced
1 1/2 cups carrots, diced
1 medium sweet potato, peeled and diced
1 medium zucchini, unpeeled and diced
2 tablespoons chili powder

1 tablespoon dried oregano
1 tablespoon cumin
2 teaspoons red or yellow curry powder
1 (16-fluid ounce) bottle guinness stout
1 1/2 (28-ounce) cans crushed tomatoes
1 (16-ounce) can red kidney beans, drained and rinsed
1 1/2 cups frozen corn, thawed
1/3 cup flat leaf parsley, chopped
1/4 cup fresh cilantro, chopped(optional)
salt and freshly ground black pepper, to taste

1. Heat oil in a dutch oven over moderate heat.
2. Add onions and garlic and sauté until tender or until softened and golden.
3. Stir in chili powder and cook 2 minutes longer.
4. Add chopped vegetables and sauté, stirring frequently just until slightly softened.
5. Add Guinness and tomatoes and bring to a boil.
6. Reduce heat to medium low and add beans and corn.
7. Cover and simmer, stirring occasionally for 25 minutes.
8. Remove from heat and adjust salt and pepper to taste if necessary. Stir in parsley and cilantro (if using).
9. Garnish with toppings of choice such as sour cream or Greek yogurt, shredded cheddar, diced avocado, chopped scallions.
10. Serve with warm corn bread or if going gluten free, blue tortilla chips.