

Homemade Vegetarian Chili

I just made this chili the other day and I absolutely loved it! It is a meatless chili and it makes a lot, so it could feed the whole family! I had enjoyed it so much that I wanted to share it with everyone! Prepping this is also super easy and all the ingredients are healthy! It's a win-win! ~ **Andrea Grimes** - FitRec Personal Trainer

INGREDIENTS

- 2 tablespoons extra-virgin olive oil
- 1 medium red onion, chopped
- 1 large red bell pepper, chopped
- 2 medium carrots, chopped
- 2 ribs celery, chopped
- 1/2 teaspoon salt, divided
- 4 cloves garlic, pressed or minced
- 2 tablespoons chili powder*
- 2 teaspoons ground cumin
- 1 1/2 teaspoons smoked paprika*
- 1 teaspoon dried oregano
- 2 cups vegetable broth or water
- 1 bay leaf
- 1 can (15 ounces) pinto beans, rinsed and drained
- 2 cans (15 ounces each) black beans, rinsed and drained
- 1 large can (28 ounces) or 2 small cans (15 ounces each) diced tomatoes, with their juices
- 2 tablespoons chopped fresh cilantro, plus more for garnishing
- 1 to 2 teaspoons sherry vinegar or red wine vinegar or lime juice, to taste
- Garnishes: chopped cilantro, sliced avocado, tortilla chips, sour cream, grated cheddar cheese, etc.



INSTRUCTIONS

1. In a large Dutch oven or heavy-bottomed pot, put over medium heat and warm the olive oil until it starts simmering. Add the chopped onion, bell pepper, carrot, celery and 1/4 teaspoon of the salt. Stir to combine and cook while stirring occasionally, until the vegetables are tender and the onion is translucent. It should take about 7 to 10 minutes.
2. Add the garlic, chili powder, cumin, smoked paprika and oregano. Cook until fragrant while stirring constantly, about another minute.



INSTRUCTIONS

- 
3. Add the diced tomatoes with their juices, the drained black beans and pinto beans, vegetable broth and the bay leaf. Stir to combine and let the mixture come to a simmer. Continue cooking, stirring occasionally and reducing heat as necessary to maintain a gentle simmer, do this for about 30 minutes.
 4. Remove the chili from the heat and discard the bay leaf. For the best texture and flavor, transfer 1 + 1/2 cups of the chili to a blender, making sure to get some of the liquid as well. Securely fasten the lid and blend until smooth (watch out for the steam), then pour the blended mixture back into the pot. (Or, you can blend the chili briefly with an immersion blender, or mash the chili with a potato masher until it reaches a thicker, more chili-like consistency.)
 5. Add the chopped cilantro, stir to combine, and then mix in the vinegar, to taste. Add salt to taste. Divide the mixture into individual bowls and serve with garnishes of your choice. This chili will keep well in the refrigerator for about 4 days or you can freeze it for longer-term storage.

I even enjoy eating this as leftovers! It's sooo good! Recipe makes about 4 large or 6 moderate servings of chili!

Let me know what you think of this chili recipe! Also let me know if you changed anything or added something, I'm always looking at ways to change recipes! ~ Shared by **Andrea Grimes** - FitRec Personal Trainer

This recipe was found at: <https://cookieandkate.com/vegetarian-chili-recipe/>
Please take a look at the link for more wonderful recipes just like this!

Stay in touch to our Trainer Tidbits series for workouts, recipes, and more!



