

SPICY VEGAN CHIPOTLE CHILI

(Recipe courtesy of Pamela Ferman)

INGREDIENTS

- 2 cups COOKED brown/green lentils.
- (I use 2 of Amy's canned lentils)
- 2.5 cups frozen corn (cook first)
- 1 tbsp oil or your choice (I use olive oil)
- 1 medium yellow onion finely chopped
- 1 red pepper, finely chopped
- 3 garlic cloves, minced
- 1 chipotle pepper chopped up fine (get a small can in the grocery store like La Costena brand/other)
- 1 tbsp chili powder
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- 1 tsp cumin
- 1 tsp oregano
- 1/2 tsp cinnamon
- 1 large can crushed tomatoes 796ml
- 1 small can plain tomato paste 156ml
- 1 med can kidney beans rinsed 540ml
- 2 tsp salt or sea salt or to taste
- 2 tsp ground pepper or to taste

PREPARATION

1. 1. Cook lentils first or open Amy's canned ones and put aside.
2. 2. Mix all the dry spices together in small bowl except salt and pepper and put aside.
3. 3. Separately, chop up: onion, red pepper and chipotle pepper. Keep them separate and put aside.
4. 4. Open the cans of crushed tomatoes, tomato paste and washed/drained kidney beans and mix these 3 ingredients all together in a large bowl. Add lentils. Put aside.

DIRECTIONS

1. 1. In a large pot heated to medium, sauté onion in cooking oil for about 2 minutes until soft and fragrant.
2. 2. Add red pepper, stir and cook for another minute or so.
3. 3. Add all the dry spices and stir to combine sautéing for another 2 minutes.
4. 4. Add the chopped chipotle pepper. stir and combine.
5. 5. Add in minced garlic and stir to combine. You may need to reduce heat to prevent the garlic from burning.
6. 6. Add a small amount 1/4 cup of the crushed tomato mix to lift the mixture from the bottom of the pan. Sauté this for another 2 minutes.
7. 7. Add in the remaining crushed tomato mix, kidney beans, lentils, corn, salt and pepper. Stir really well for a few minutes to combine, cover with a lid, and simmer for 30 minutes.
8. ****Go back and stir every 10 minutes to make sure its not burning on the bottom.*

NOTES FROM PAMELA:

- Eat with sour dough bread or corn tortillas
- Add fresh spiralized zucchini
- Add grated cheese on top and melt
- This makes a huge pot of chili. I put it in multiple ziplock square containers and freeze them.