

SPICY ROOT VEGETABLE CHILI

INGREDIENTS

3 tbsp. canola oil
4 large carrots, finely diced or grated
2 onion, finely diced
1 red pepper, stemmed, seeded, finely diced
8 medium cloves garlic, minced
1 tbsp. ground cumin
3 tbsp. chili powder
¼ tsp. cayenne pepper
1 small can tomato paste
2 cups vegetable stock
1 28-oz can crushed tomatoes
1 tsp. dried oregano
1 tbsp. brown sugar
2 cups canned beans, drained and rinsed
(1 can of red kidney beans and 1 can of black beans)
1 cup canned corn kernels
1 ½ tsp. salt
¼ cup fresh cilantro, coarsely chopped
Juice of 1 lime
Serve with cheese and sour cream

DIRECTIONS

Heat the oil in a large Dutch oven over medium-high heat. Add the grated carrot and sauté like beef until golden brown. Add onion and cook until translucent and slightly softened, about 3 minutes longer. Add the red pepper and cook another 3 minutes. Add the garlic and cook until fragrant, about 1 minute. Push the vegetables to the perimeter of the pot so that the center of the pot is clear.

Sprinkle the ground cumin into the center of pot and cook for 30 seconds, stirring constantly. Stir the cumin and vegetables together and let cook until the cumin is fragrant. Add the chili powder and cayenne pepper and stir to coat the vegetables. Add tomato paste and cook until fragrant, about 1 minute.

Add 2 cups vegetable stock and stir well to combine, scraping up any browned bits from the bottom of the pot. Bring to a boil, reduce the heat, and simmer until slightly thickened, about 5 minutes.

Stir in the tomatoes, oregano, and brown sugar, and bring back to a simmer. Simmer until slightly thickened, about 25 minutes. Add the beans and corn and stir to incorporate.

Remove the pot from the heat and stir in salt, cilantro, and lime juice. Top each bowl with grated cheese, sour cream and green onion.