Vegan Taco Chili

Jacob · 30/09/2024



Prep Time

1 hr 10 mins

Dificult

Medium

Servings

10

Description

A chili using no meat eggs or dairy products Tastes great in a bread bowl and is easy to make This soup should never be made the same way twice Add red green or yellow bell peppers in the first step experiment with the beans or add whatever your heart desires For a nonveggie dish add 1 lb ground beef and some sour cream This soup should never be made the same way twice Add red green or yellow bell peppers in the first step experiment with the beans or add whatever your heart desires For a nonveggie dish add 1 lb ground beef and some sour cream

Ingredients

— - 1 tablespoon olive oil - 1 pound sliced fresh mushrooms - 2 cloves garlic

— minced - 1 small onion

— finely chopped - 2 stalks celery

— chopped - 1 (29 ounce) can tomato sauce - 1 (6 ounce) can tomato paste - 3 (15 ounce) cans kidney beans - 1 (11 ounce) can Mexican-style corn

Instructions

1. Heat the oil in a large skillet. Sautee the mushrooms
2. garlic
3. onion and celery until tender. Transfer them to a stock pot or slow cooker. Stir in the tomato sauce
4. tomato paste
5. beans and Mexican-style corn. Cook for at least an hour to blend the flavors.