



Slow Cooker Vegan Chili

Savannah · 28/09/2024



Prep Time

5 hrs 40 mins

Difficult

Medium

Servings

15

Description

This spicy vegan chili is loaded with beans colorful peppers and other veggies for a hearty and flavorful dinner thats easy to make in a slow cooker

Ingredients

- - 1 tablespoon olive oil - 2 onions
- chopped - 1 green bell pepper
- chopped - 1 red bell pepper
- chopped - 1 yellow bell pepper
- chopped - 4 cloves garlic
- minced - 2 (14.5 ounce) cans diced tomatoes with juice - 1 (15 ounce) can black beans
- rinsed and drained - 1 (15 ounce) can garbanzo beans
- drained - 1 (15 ounce) can kidney beans
- rinsed and drained - 2 (6 ounce) cans tomato paste - 1 (10 ounce) package frozen chopped spinach
- thawed and drained - 1 cup frozen corn kernels
- thawed - 1 zucchini
- chopped - 1 yellow squash
- chopped - 6 tablespoons chili powder - 1 tablespoon ground cumin - 1 tablespoon dried oregano - 1
tablespoon dried parsley - ½ teaspoon salt - ½ teaspoon ground black pepper - 1 (8 ounce) can tomato sauce
- or more if needed - 1 cup vegetable broth
- or more if needed

Instructions

1. Heat olive oil in a large skillet over medium heat. Add onions
2. bell peppers
3. and garlic; cook and stir until onions start to brown
4. 8 to 10 minutes. Dotdash Meredith Food Studios Transfer mixture into a slow cooker. Stir in tomatoes
5. black beans
6. garbanzo beans
7. kidney beans
8. tomato paste
9. spinach
10. corn
11. zucchini
12. yellow squash
13. chili powder
14. cumin
15. oregano
16. parsley
17. salt
18. and pepper until thoroughly mixed. Dotdash Meredith Food Studios Pour the tomato sauce and vegetable broth over the ingredients. Cook on Low for 4 to 5 hours. Check seasoning. If chili is too thick
19. add more tomato sauce and vegetable broth to desired thickness. Cook on Low for an additional 1 to 2 hours. Dotdash Meredith Food Studios