

Vegetarian Chili

Submitted by Walter & Diana DuMelle

This recipe will need to be cooked and simmer on your stove top. On Sunday morning please bring this Vegy Chili to church in a crock pot, warm and ready to serve! We will keep your crock pot plugged in and will be serving directly from it. Please be sure to label your crock pot and serving ladle (if you have one) with your name to help us return items to the proper owner. ☺

1-2 heads of garlic
Olive Oil
1 large onion, diced
1 large can (28-30oz) of 4 different kinds of beans
(kidney, black, cannellini, pinto, great northern, etc.)
1 15oz can of corn
1 30oz can of crushed tomatoes
1 lb. of extra firm tofu (optional)
Salt
Pepper
Cumin
Coriander
Cayenne Pepper



Add to taste

DIRECTIONS

- Garlic can be prepped in one of two ways
 1. Roasting (preferred) - a little extra work, but well worth the effort (and the smell is amazing!)
 - a. Preheat oven to 400°
 - b. Trim about ¼ inch off the top of 2 heads of garlic to expose the tops of the garlic cloves
 - c. Drizzle a teaspoon or two of olive oil over the exposed cloves, making sure it sinks in
 - d. Wrap the heads in aluminum foil (cut side up) and place in oven. Bake for about 45-60 minutes (may need to be longer)
 - e. The garlic is done when the cloves are completely soft and start poking out of the top of their paper skins. Their color should have turned a warm caramel or light brown
 - f. Remove from oven – let cool
 - g. Using a pointed knife, remove the softened cloves from the skin and add to chili
 2. Mince 4-8 cloves (to taste) of garlic.
- In large pot, coat bottom of pot with olive oil over medium high heat
- Sauté onions (and garlic if using method #2) until softened and light brown, stirring frequently
- Drain off all of the fluid from the cans of beans and corn – add to pot
- Add tomatoes
- Add spices
- (optional) Crumble the tofu with your fingers (it looks a little like white cooked ground beef) and add
- Add spices
- Add roasted garlic (if using method #1)
- Lower heat and let simmer for a good 30 minutes or so. Taste and add more seasoning to taste. Simmer for at least another 30 minutes.