Hearty vegetarian chili

by Chef Keysh

This chili is everything I love about comfort food: hearty, flavorful, and easy to make. Beans give it plenty of texture and protein, while a thick slice of toasted sourdough makes it the perfect meal for sharing around the table. It's a satisfying Beansday meal that helps make a difference for animals. I always recommend letting the chili simmer a little longer if you have the time because the flavors only get better.

(Serves 6-8)

Ingredients

- 2 tbsp olive oil
- 1 large onion, diced
- 1 red bell pepper, diced
- 1 green bell pepper, diced
- 2 carrots, diced (optional, for sweetness)
- 4 cloves garlic, minced
- 2 tbsp tomato paste
- 2 (15 oz) cans kidney beans, drained and rinsed
- 1 (15 oz) can black beans, drained and rinsed
- 1 (15 oz) can pinto beans, drained and rinsed
- 1 (28 oz) can crushed tomatoes
- 2 cups vegetable broth
- 1 cup frozen corn
- 1–2 chipotle peppers in adobo, minced (optional, for smoky heat)
- Seasonings
- 2 tbsp chili powder
- 2 tsp ground cumin
- 1 tsp smoked paprika
- 1 tsp oregano
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/2–1 tsp salt (to taste)
- 1/2 tsp black pepper
- 1/4 tsp cayenne (optional)

Secret ingredients

(highly recommended)

- 1 tbsp soy sauce
- 1 tsp cocoa powder
- 1 tsp brown sugar or maple syrup
- Juice of 1/2 lime

Instructions

1. Heat olive oil in a large Dutch oven or pot over medium heat.
2. Sauté the onion, peppers, and carrots for 6–8 minutes until softened.
3. Add the garlic and tomato paste. Cook for 1–2 minutes.
4. Stir in all the seasonings and cook for 30 seconds until fragrant.
5. Add the crushed tomatoes, vegetable broth, beans, corn, chipotle peppers, soy sauce, cocoa powder, and brown sugar.
6. Bring to a boil, then reduce to a gentle simmer.
7. Simmer uncovered for 30–40 minutes, stirring occasionally.
8. Taste and adjust salt, spice, or lime juice as needed.