

## Veggie “Chilly” Recipe

**By: Leanne Mixa Bettin - October 19, 2016**

My sister gave me her “Veggie Chilly” recipe about 12 years ago, and it’s the first thing I make when the season changes to Fall. My meat-loving friends always go back for more because it’s thick and hearty like a meat chili. My dog enjoys it because she gets to eat carrots and bell peppers during the prep.



I like to include a heartier veggie, like sweet potatoes or winter squash as part of the base, and then include different options depending on what I have on hand. I’ve used parsnips, a few end-of-season tomatoes, throw in a handful of kale at the end, etc. The versatility is my favorite thing about this recipe and I hope that you can make it your own.

Enjoy!

Makes approximately 8 portions.

## **Base Chili**

- 2 tablespoons olive oil
- ½ medium onion, chopped.
- 1-2 “knuckles” of garlic, minced.
- 1/2 butternut squash. Peeled and seeded, chopped into bite size pieces. Or you could use sweet potato 1 large or -2 small, peeled and chopped.
- 1 large can of diced tomatoes. I like to get the kind with Italian seasoning or green chilies, but you can use whatever you have on hand.
- 1 tablespoon tomato paste.
- 2 Tablespoons chili powder
- 1 teaspoon cumin
- 1 teaspoon oregano

Spices to taste: turmeric, cinnamon, cayenne pepper, red pepper flakes, basil. Full disclosure: I’m not very precise with the spices. Use whatever spices make sense for you depending on your taste.

## **Veggies**

1-2 carrots, peeled and chopped.

1-2 jalapenos or other milder pepper like Anaheim, seeded and chopped.

1-2 bell peppers, seeded and chopped.

2-3 cans (14 oz) beans, rinsed (black, garbanzo, kidney, pinto, whatever you have on hand or prefer)

1 can (14 oz) corn

1 can (14 oz) peas

## **Garnishes**

Plain greek yogurt, hot sauce, cheese, tortilla chips or cornbread. Maybe more hot sauce.

## Instructions

Saute garlic and onion in olive oil or butter over medium heat in a large pot until the onion is translucent. Add the butternut squash and diced tomatoes, mix together. Add combination of spices and let simmer covered, stirring occasionally, until you can pierce the butternut squash with a fork.

Add carrots and jalapenos, let simmer for about five more minutes uncovered. Add the remainder of ingredients and about a  $\frac{1}{4}$  cup of water. If it's looking dry over the course of simmering, add more water, about  $\frac{1}{4}$  cup at a time. It should be thick, not too watery. I always taste the chili to see if it's missing anything – more tomato paste, more spices, etc. Let the chili simmer uncovered for about an hour, stirring occasionally. The longer it simmers, the better. Garnish with cheese, yogurt and chips or cornbread. Enjoy!

