



VEGAN CHIPOTLE CHILI

Makes 5 servings | Serving size: 2 cups

PREP TIME

10 min

COOK TIME

20 min

TOTAL TIME

30 min

This spicy chili has just the right amount of heat, but don't skip the avocado to help balance out the spice with cool creaminess. This is one of my favorite vegan dishes!



Ingredients

- 2 tablespoons avocado oil (or olive oil)
- 1 white onion, diced
- 1 tablespoon garlic, minced
- 1 (15-ounce) can black beans
- 1 (15-ounce) can kidney beans
- 1 (12-ounce) can corn
- 2 cups vegetable broth
- 1 (8-ounce) can chipotle sauce (not chipotle in adobo sauce)
- 2 large tomatoes, diced
- 2 teaspoons salt
- 2 cups quinoa, cooked
- 2 tablespoons fresh lime juice
- Avocado, for topping
- Cilantro, for topping

Directions

1. In a large pot, heat avocado oil and sauté onions and garlic. Cook until onions become translucent.
2. Add beans, corn, vegetable broth, chipotle sauce, tomatoes, and salt.
3. Simmer for 10 minutes until tomatoes get tender.
4. Add quinoa and lime juice, then continue to heat another 5 minutes.
5. Top with avocado and cilantro. Serve warm.

*Nutrition analysis done without toppings.