



Vegetarian Chili

Ingredients

- 2 Tbsp olive oil
- 1 large yellow onion, chopped
- 3 cloves garlic, minced
- 4 tsp chili powder
- 3 tsp cumin powder
- 1½ tsp ground thyme
- ½ tsp ground chipotle powder
- ⅛ tsp smoked paprika
- 2 bay leaves
- 1 tsp salt
- 1 (28oz) can crushed tomatoes (no added oil or sugar)
- 1 Tbsp tomato paste
- 4 cups water
- 1 bottle (12oz) of dark beer of your choice
- 3 large (1 lb -13 oz) cans organic small red beans, rinsed well and drained
- 1 large (1 lb- 13 oz) can organic black beans, rinsed well and drained
- 4 fresh ears of corn, husked or 1 1/2 cups canned or frozen corn
- 2-3 Tbsp stone ground corn meal (depending on how thick you like it)

Instructions:

1. Heat oil in a large cast iron dutch oven (I like Le Creuset but any heavy bottom deep pan will do) over high heat, add the garlic and onion and sauté for 4-5 minutes.
2. Add the chili powder, ground cumin, thyme, chipotle, smoked paprika, salt and bay leaves and continue to sauté over medium heat for another 5 minutes.
3. Add canned ground tomatoes, tomato paste, water, beer and bring to a boil, reduce heat and continue to simmer for just a few minutes.
4. Add the drained beans to the pot and stir gently.
5. Continue to simmer covered for another 25-30 minutes.
6. Meanwhile, grill your corn, if using fresh ears of corn as instructed above.
7. Add the corn kernels to the chili
8. Add the stone ground corn meal, one tablespoon at a time, stirring in between each addition so it doesn't clump and you achieve the thickness you like.
9. Turn off the heat and keep covered until ready to serve.