

THREE-BEAN CHILLI CON VEGAN

by vegansociety.org.nz

Ingredients

- 2 tsp olive oil
- 1 small onion, chopped
- ½ tsp ground cumin
- 1 tbsp dried oregano
- 2 tsp salt
- 1 stalk celery, chopped
- 1 green capsicum, chopped
- 1 green chili, minced (optional)
- 2 cloves garlic, minced
- 800 g canned diced tomatoes
- 2 tbsp chili seasoning
- ground black pepper to taste
- 1 can red kidney beans, drained
- 1 can black beans, drained
- 1 can chickpeas, drained
- 1 c frozen or canned corn

Directions

In a large soup pot, sauté onion with cumin, oregano, and salt until tender. Mix in celery, peppers, and garlic, cook until tender. Mix in tomatoes and remaining spices. Bring to a boil. Add beans and corn. Simmer until thickened, about 7-10 minutes.