

Vegetarian Chili and Cornbread

We're full-speed-ahead into the Holiday Season, and if you don't already have guests, you may be getting some. This is a good recipe to have in your pocket, whether you're a host or a helpful guest.

The preparation time accounts for the assembly, basic cooking and time to rest. You should make the chili mid -afternoon so that you can let it rest for a few hours before dining. Chili just gets better as it sits.

Preparation Time: 2 hours (Included time for chili to rest.) - Serves: 4-6

Organize Your Ingredients!

Notes on Organizing

Organize ingredients on small plates or in bowls so they are easy to add. Finely-chop the jalapeño peppers to evenly spread the heat throughout the chili. Wait to shred the cheese until just before you serve the chili.

Vegetarian Chili

1 tsp. olive oil
4 cloves garlic (smashed and chopped)
2-1/2 C. onion (chopped)
2 C. celery (chopped)
1 jalapeño pepper (seeded and chopped fine)
1 Anaheim pepper (seeded and chopped)
1- 1/2 C. green bell pepper (seeded and chopped)
1- 1/2 C. red bell pepper (seeded and chopped)

one 28 oz. can no-salt chopped tomatoes
one 15 oz. can tomato sauce
3 C. low-sodium vegetable broth

two 15 oz. cans red kidney beans (rinsed)
one 15 oz. can pinto beans (rinsed)
3 T. chili powder
1 tsp. ground cumin
2 tsp. dried oregano leaves
1/2 tsp. ground clove
1 C. frozen corn

1/4 C. fresh cilantro (chopped)
juice from 1 lime

2 T. shredded cheddar cheese per serving

Old-fashioned Cornbread

1 C. corn meal
1 C. buttermilk
1/2 tsp. baking soda
1 egg
1/2 C. frozen corn
2 T. canola oil

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

This chili is a straightforward soup assembly. Most of the work is done once prep is finished. Be sure to let it rest for an hour or so before you dine. Start the cornbread about 30-35 minutes before you wish to call folks to the table.

Vegetarian Chili

1. Lightly-brown garlic, onion, celery and peppers in the bottom of a large soup kettle.
2. Add tomatoes, tomato sauce, and broth. Return to a boil and cook for about 15 minutes.
3. Add Beans, spices and frozen corn. Simmer 30 minutes over low heat.
4. Add fresh cilantro and lime juice.
5. Turn off heat and let it rest for at least an hour.

Old-fashioned Cornbread

This recipe serves 4 people.

1. Preheat oven to 400°
2. Place an oiled round metal 9" cake or pie pan (or skillet) in the oven while it preheats. The hot pan creates a light, crispy crust.
3. Mix all ingredients in large bowl and pour into hot cooking pan.
4. Bake 15-20 minutes or until a knife inserted into the center comes out clean.

Allow to cool about 10 minutes before slicing into wedges.

Serving the meal

Ladle 2 C. chili per serving into individual bowls and top each bowl with 2 T. grated cheddar cheese.

Serve the cornbread on a platter in the center of the table with molasses or maple syrup.

What I've Learned from this Recipe

This is a thick and rich chili. You may wish to thin it a little with broth or tomato juice. The nice thing about making soup is that you can tailor it to your personal preference.

Let us know what you think, and ask any questions you may have! chezdon@plate6.com