

Vegetarian Chili and Cornbread

Today's vegetarian chili will definitely tickle your fancy. Seasonal peppers, shredded sweet carrots, celery, onion and deep red kidney beans make for a vegetarian chili bursting with flavor and color. It's topped with a grating of extra-sharp cheddar cheese and served with cornbread.

The preparation time accounts for the assembly and basic cooking. Make the chili mid-afternoon so that you can let it rest for a few hours before serving. Chili just gets better as it ages, and you'll have some terrific leftovers.

Make some old-fashioned cornbread to go with the chili about 30 minutes before you wish to dine.

Preparation Time: 2 hours - Serves: 4-6

Organize Your Ingredients!

Notes on Organizing

Prep and organize ingredients on small plates or in bowls so they are easy to add. Soups are easy when everything's prepped. Finely chop the Jalapeno 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
3 cloves garlic (smashed and chopped)
2-1/2 C. onion (chopped)
1 C. celery (chopped)
1 Jalapeno pepper (seeded and chopped fine)
1 Anaheim pepper (seeded and chopped)
1- 1/2 C. green bell pepper (seeded and chopped)
1-1/2C. red bell pepper (seeded and chopped)

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

three 15 oz. cans red kidney beans (rinsed)
2 T. chili powder
1 tsp. ground cumin
2 tsp. dried oregano leaves
1/2 tsp. ground clove
1/2 tsp. ground coriander
1 C. frozen corn
1/4 C. fresh cilantro (chopped)
3 T. lime juice

2 T. shredded cheddar cheese per serving

Old-fashioned Cornbread

canola oil for pan
1 C. corn meal
1/2 tsp. baking soda
pinch of salt
1 egg
1 C. buttermilk
2 T. canola oil
1/2 C. frozen corn

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 oil 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 9" cake pan, pie pan or skillet in the oven while it preheats. The hot pan will create a light, crispy crust on the cornbread.
3. Mix all ingredients in large bowl and pour into the 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.

Serve 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 accompanied by 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 of how thick you like it.

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