



# VEGETARIAN CHILI

Preparation and cooking time: 1 hour 30 minutes

Source: [Rouxbe](#)

Servings: 6 cups

This dish has many ingredients, so it is important to have all ingredients together prior to preparing the chili, including the making of the [Date Paste](#).



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1 cup of  
onions,  
diced



1/2 Tbsp  
smoked  
paprika



2 Tbsp  
olive oil



1/2 Tbsp  
ground  
cumin



3 cloves  
garlic,  
minced



1 Tbsp  
jalapeño, seeded  
and minced



1 cup  
vegetable  
stock



1/2 cup  
carrots,  
diced



1 cup  
black beans,  
cooked or  
canned, rinsed



1 cup  
kidney beans,  
cooked or  
canned, rinsed



1 cup  
pinto beans,  
cooked or  
canned, rinsed



1/2 cup  
zucchini,  
diced



1/2 cup  
roasted peppers,  
diced



3 cups  
tomatoes,  
crushed



1/2 Tbsp  
chipotle  
puree



3 Tbsp  
date paste



3 Tbsp  
tomato  
paste



Sea salt,  
to taste



Black pepper,  
to taste



Handful  
green onion,  
sliced



Green onion  
for garnish,  
sliced



Cashew  
sour cream  
for garnish

## INSTRUCTIONS

To make the chili, in large pot on medium to medium-high heat, add the olive oil and onions and sauté until the onions begin to caramelize. Next, add the spices and toast for a few seconds. Then add the garlic and jalapeño and cook until fragrant. Deglaze with half of the vegetable stock.

Add the carrots and cook for 2 to 3 minutes until they begin to soften. Add the beans and stir to combine. Add the zucchini and roasted peppers and continue to cook for 1 minute. Add the crushed tomatoes, along with their juice and stir to combine.

Add more of the vegetable stock to barely cover the ingredients and bring to a simmer before stirring in the chipotle purée and date paste. Lower the heat and simmer for 15 minutes.

Add the tomato paste if desired and simmer for an additional 20 to 25 minutes or until beans are slightly falling apart yet keeping the zucchini from getting mushy.

Season to taste with salt and pepper and stir in a handful of green onions. Serve with a dollop of **Cashew Sour Cream** and additional sliced green onion.