

Red Beans Vegan Chili



Ingredients

Prep Time: 5 Minutes

Cook: 45 Minutes

4 ounces or 400 grams of dried red beans or
2 (14 ounces or 400 grams) cans of cooked beans,
drained and rinsed
2 tablespoons extra virgin olive oil
4 cloves of garlic
1 onion
3.5 ounces or 100 grams of green pepper
3.5 ounces or 100 grams of red pepper
5 ounces or 140 grams of carrot

13 ounces or 360 grams of tomato
1 (20 ounces or 560 grams) can tomato sauce
2 teaspoons ground cumin
1/8 teaspoon cayenne powder
Salt and black pepper to taste
2 cups water or vegetable broth
4.5 ounces or 125 grams of tortilla chips

Directions

- In a non-stick frying pan, heat the olive oil on medium high heat.
- Add chopped garlic and onion and cook until golden brown.
- Add the diced green pepper, red pepper, carrot and tomato and saute for about 5 minutes.
- Add the tomato sauce, cumin, cayenne powder, salt and pepper and cook for about 5 minutes.
- Add the red beans (you can use cooked beans or cook them in plenty of boiling water for about 1 or 2 hours) and the water or vegetable broth.
- Cook over medium heat for 30 minutes or until sauce thickens.
- Serve with tortilla chips.

