



## Vegetarian Chili

Makes 6 servings (9-10 cups)  
Total time: 45 minutes

### HEAT:

2 Tbsp. olive oil

### ADD:

2 cups chopped white onions  
8 oz. button mushrooms, sliced  
1 Tbsp. minced fresh garlic  
2 cups chopped green cabbage  
1 cup sliced celery  
1/2 cup shredded carrot  
2 tsp. ground cumin  
2 tsp. dried oregano  
2 tsp. paprika  
1 tsp. ground coriander  
1/2 tsp. cayenne pepper

### STIR IN:

1 can diced tomatoes in juice (14.5 oz.)  
1 can crushed tomatoes (14.5 oz.)  
1 cup low-sodium vegetable broth

### ADD:

1 can black beans, drained and rinsed (15 oz.)  
1 yellow bell pepper, charred, peeled, and diced  
Salt and black pepper to taste  
Sliced avocado

**Heat** oil in a large pot or Dutch oven over medium until it shimmers.

**Add** onion, mushrooms, and garlic; sweat until onion is translucent, 5 minutes. Add cabbage, celery, carrot, cumin, oregano, paprika, coriander, and cayenne; partially cover pot. Reduce heat to medium-low, and sweat mixture until vegetables are tender, about 10 minutes.

**Stir in** diced tomatoes, crushed tomatoes, and broth. Bring chili to a simmer and cook until thickened, 10 minutes more.

**Add** beans and bell pepper; season with salt and black pepper. Serve chili over Cheesy Macaroni and top with avocado.

**Per serving:** 198 cal; 5g total fat (1g sat); 0mg chol; 603mg sodium; 33g carb; 9g fiber; 7g protein



Cut out and discard the tough, bitter core before chopping the head of cabbage.



Char and steam the bell pepper to add smoky flavor, then peel off the blistered skin.



Season with cumin, oregano, paprika, coriander, and cayenne — basically adding up to chili powder.