

Let's Have Chili

May 18, 2020 | CHEF VEE, COOKING SCHOOL HEAD CHEF



Canned beans are one of those pantry staples we always have on hand. They're cheap, easy, fuss-free, filling, and their versatility makes them an awesome standby for tacos, salads, soups, stews, and more!! Check out my one pot vegetarian bean chili, its filling and satisfying and great to unload any added leftover veggies hanging around the fridge!

Serves: 4 Cook time: 35 minutes

- 1 can red kidney beans
- 1 can pinto beans
- 1 can diced tomatoes
- 1 large onion – small dice
- 3 garlic cloves – small dice

- 2 tablespoon of chipotle in adobo sauce
- 1 cup diced butternut squash
- 1 tspn smoked paprika
- 1 tspn cumin
- ½ tspn dried oregano
- ½ tspn chili powder
- Salt and pepper
- 1 quart of stock

In a large pot add just a little bit of oil, enough to coat the bottom. Add in your onions and garlic on low/medium heat, cook onions and garlic for about 5 minutes. Make sure you stir. Open both cans of beans strain and rinse them both really well. In a blender or food processor blend ½ the can of pinto beans and set aside. If no blender or processor use a fork to mash up those beans until nice and smooth. Once your onions are cooked add in all your dry spices and toss them in and stir. Adding in the spices now will heighten there fragrance and toast the spices giving them maximum flavor. Stir for just a minute and then add in can of tomatoes, chipotle and both beans smoothed and whole. Also add in butternut squash and stock. Stir really well.

If you don't have stock water does the trick too! Feel free add in any favorite hot peppers or sauces. If you don't have red kidney or pinto beans no worries, swap out with any can beans you have. Let this cook for about 20 minutes. Squash will get tender, no squash any potato or veg will work too even celery! This recipe is so versatile you can literally add in anything extra or swap out with anything in the pantry. And for toppings I used an avocado and cilantro but toppings are endless...yogurt, sour cream, scallions, jalapenos, shredded cheese even crackers. Make this one pot wonder your very own! Enjoy...