

Hearty Chili

Check out this amazing low fat, quick, cheap and easy chili! Perfect for the busy person or college student!!

Prep:
10 minutes

Cook:
4 hours

Ready In:
4+ hours

Servings:
4-6



Ingredients

- 3 x 15 oz cans diced tomato
- 3 x 15 oz cans of beans, rinsed & drained (kidney, pinto, black, use what you like or have on hand)
- 1 small onion, diced
- 4 medium russet potatoes, peeled & chopped
- 4 stalks celery, chopped
- 2 tbsp chili powder
- 1 tbsp vegan boullion (like Better Than Boullion)
- 4 cups water + additional (if needed)

Optional

- 1 cup red lentils
- 1-2 tsp cayenne
- 1 cup quinoa

Instructions

- 1 Prep and chop all your vegetables, rinse your beans, and add into crockpot. Add in all spices and water and stir well.
- 2 Set timer to 8-10 hours on low or 3-4 hours on high. If you are home, check this during the day to make sure it has enough water. If you add in the red lentils and quinoa you may need to add another cup of water halfway through the day and stir again.
- 3 If you skip the lentils and quinoa you should be fine. Serve over brown rice or by itself. This will freeze well or last in the fridge up to one week. Enjoy!
- 4 Serve this to your skeptical friends and wow them with how delicious this healthy vegan chili can be.