

NAME: MYX Vegetarian Chili

INFO: A Grain Free, Lectin Free, Sugar Free, and Vegan delicious hearty Plant Paradox Chili!! Great as a main course, filling for tacos, or topping for nachos.

INGREDIENTS:

Yield: 8-10 servings

1 (28 oz) can Whole Italian Tomatoes (chunky chopped)	4 cups Vegetable Broth (reduced sodium)
1 (15 oz) can Black Beans (rinsed and drained)	2 TBL Virgin Olive Oil
1 (15 oz) can White (Cannellini) Beans (rinsed and drained)	3 tsp Liquid Smoke
1 (15 oz) can Red Kidney Beans (rinsed and drained)	1 TBL Piri Piri (or cayenne pepper)
700 g Crimini Mushroom (diced into 1/4" cubes)	2 tsp Oregano (dried or fresh)
1 medium (225 g) Sweet Potato (diced into 1/4" cubes)	2 tsp Ground Cumin
1 medium (150 g) Turnip (diced into 1/4" cubes)	Hymilayan Salt (to taste)
1 Sweet Onion (chopped)	Organic Ground Pepper (to taste)
4 Garlic Cloves (minced)	

Toppings

1/3 cup Cilantro (chopped)
1/2 cup Cheddar (French or other compliant variety) or a Sharp Goat Cheese (shredded for topping)

DIRECTIONS:

In a large skillet using high heat, saute mushrooms until browned on all sides and set aside.

Rinse the 3 cans of beans and place in a pressure cooker along with 2 cups of the water. Close the lid and set on high for 2 minutes. Once finished, manually release. Drain and set aside.

While the beans are cooking, add 2 TBL olive oil into the skillet at medium-high heat; add in the sweet potatoes, onion and turnips and saute for a few minutes until the onions are translucent but not browned. Then add in the garlic and continue stirring for another minutes until the garlic is well coated and fragrant.

Then add the browned mushroom and other spices, continue cooking for another 2 minutes. At this time add in the chopped tomatoes and saute for a couple additional minutes. Then add in the cooked beans and veggie broth, simmer on low heat with lid on for 30 - 60 minutes.

Serve with cheese and cilantro on top.