

# Can't-Believe-It's-Veggie Chili

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## Hands-on Time

35 Mins

## Total Time

1 Hour 25 Mins

## Yield

Serves 6 (serving size: about 1 1/4 cups chili, 2 1/2 tablespoons cheese, 4 teaspoons onion, and 2 1/2 teaspoons sour cream)

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By **DEB WISE** October 2015

## COOKING LIGHT

Mushrooms and liquid aminos (soybean concentrate) lend meaty flavor. Top with blistered jalapeños.

## Ingredients

2 tablespoons olive oil

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2 cups chopped yellow onion

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1 cup chopped green bell pepper

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1/2 cup diced celery

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1/2 cup diced peeled carrot

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1 tablespoon minced jalapeño pepper

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8 ounces cremini mushrooms, finely chopped

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4 garlic cloves, minced

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3 tablespoons unsalted tomato paste

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1 1/2 tablespoons chili powder

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2 teaspoons ground cumin

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1 teaspoon dried oregano

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1/2 teaspoon smoked paprika

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1/4 teaspoon ground red pepper

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1 (14.5-ounce) can stewed tomatoes, undrained

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## How to Make It

**Step 1** Heat a Dutch oven over medium-high heat. Add oil to pan; swirl to coat. Add onion and next 6 ingredients (through garlic); sauté 10 minutes or until liquid evaporates and vegetables begin to brown. Add tomato paste and next 5 ingredients (through red pepper); cook 3 minutes, stirring constantly. Using kitchen scissors, cut tomatoes in the can into bite-sized pieces. Add 2 cups water, vegetable juice, and tomatoes to pan; bring to a boil, scraping pan to loosen browned bits. Reduce heat; simmer 30 minutes.

**Step 2** Combine wheat berries and 1 cup water in a small saucepan. Bring to a boil; reduce heat, and simmer 15 minutes or until liquid is absorbed. Add wheat berries, beer, aminos, and beans to chili; cook 20 minutes. Serve with cheese, red onion, and sour cream.

2 cups water

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1 cup lower-sodium vegetable juice

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1/2 cup uncooked wheat berries

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1 cup water

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1 cup lager beer (such as Budweiser)

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2 tablespoons liquid aminos (such as Bragg)

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1 (14.5-ounce) can unsalted kidney beans, rinsed and drained

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4 ounces sharp cheddar cheese, shredded (about 1 cup)

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1/2 cup diced red onion

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1/4 cup reduced-fat sour cream

### Nutritional Information

- Calories 312, • Fat 12.5g,
- Satisfat 5.6g, • Monofat 3.3g,
- Polyfat 0.7g, • Protein 13g,
- Carbohydrate 38g, • Fiber 9g,
- Cholesterol 22mg, • Iron 2mg,
- Sodium 610mg, • Calcium 240mg.

# Best veggie chili ever!

**Stephanie**

December 13, 2015

I have been making veggie chili for over 30 years, and have gone through several favorite recipes, but this recipe is definitely now at the top! Great texture, great flavor, and a big hit with adults and kids (I didn't add any red pepper and I removed the seeds from the jalapeño to keep the heat down). Served it with sour cream and shredded cheddar, with cornbread on the side. This one goes in permanent rotation!

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# A Big Hit Chili!

**Angela**

December 07, 2015

I made this for my teenage daughter to take to a Halloween party. She and the host eat veggie and her mom eats vegan. Both the vegetarians and non-vegetarians at the party loved it. There wasn't a drop left. The flavors are rich and warm and a great alternative to a meat chili.

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## Fabulous Meat Free Chili

**Demeconklin**

October 21, 2015

I really enjoyed this chili minus the cheese and sour cream (vegan). I also omitted the oil and sauteed in water as I follow a whole food plant based no oil diet. My only critique is that it still needed salt after adding the liquid aminos. The beer gave it a delicious nuance. Perhaps some chipotle flavor would add a nice layer, maybe even a little lime juice and/or dash of maple syrup. Love the texture. Topped it with creamy avocado.

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## Best (vegiterian) chili!

**JimmyP**

December 14, 2015

I don't know why this chili recipe doesn't have more stars... It is amazing! I made it for my husband--an avid meat eater, and he did not even notice that it was meat-free! It is really flavorful, yet balanced. Subtly

spicy, and really great texture! Don't forget to add the toppings to really make this bowl shine! I will be making this any more times!

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## Terrible - No Flavor

**mikoprice**

September 23, 2015

Terrible!!!! I made this recipe exactly & it was so flat! With everything being low or no sodium, there was no flavor to this at all. I can't even remember everything I added to this recipe to make it taste like anything! Was there some ingredients omitted in the printing of this recipe??? Really thought I found a great veggie chili that my family would love---guess not, not without adding much, much more to it.

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## Bean Soup

**Alexa**

October 23, 2015

Vegetarian Chili is an oxymoron. Without meat it's just bean soup.

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