



Easy Chili Recipe

By: Brittany Jaroudi

Ingredients

- 1 chopped onion
- 2 cloves crushed garlic
- 2 - 14.5 oz can fire roasted tomatoes
- 1 (15.5 oz) can chickpeas
- 1 (15.5 oz) can black beans
- 1 (15.5 oz) can kidney beans
- 1 cup diced carrots
- 1 cup diced celery
- 1 diced red bell pepper
- 1/2 cup chopped walnuts
- 1 tbsp chili powder
- 1.5 tsp cumin
- 1.5 tsp ground cinnamon
- chili pepper (optional)

Instructions for instant pot. You can make on stove top (cook until vegetables are tender) or slow cooker.

1. Press the sauté button; “Fry” chopped onions and crushed garlic in water until soft.
2. Add fire-roasted tomatoes, beans, diced vegetables, chopped walnuts, and spices; fill in water until legumes are **just** covered.
3. Stir everything well, put on lid, turn valve to sealing position, set to 25 minutes on high pressure.
4. Let pressure release naturally & completely—don't touch the pot until safety pin drops on its own.
5. Open the pot, give a last stir, and add sea salt/pepper to taste if necessary. Serve.
6. Top with cubed fresh avocado, chili cheese sauce, cilantro leaves, and sliced chili, if desired.

Chili Cheese Sauce

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Ingredients

- ½ cup raw cashews
- ¼ cup water *(double if blender is having trouble)*
- 1 large piece roasted red pepper (½ cup chopped)
- 3 Tbsp nutritional yeast
- 1 tsp miso
- 1 tsp rice vinegar
- 2 tsp smoked paprika
- ½ tsp garlic powder
- ½ tsp onion powder

Instructions: Blend together all ingredients in a high-speed blender. Serve warm.