

# Creamy Vegan White Bean Chili with Green Chiles, Corn, and Greens

Prep: 10 minutes • Cook: 20 minutes

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*A silky, cashew-creamy white bean chili layered with bright green chiles, sweet corn, and tender leafy greens. Subtly spiced, comforting, and weeknight-easy in 30 minutes.*

## Ingredients

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- 2 cups water
- 2/3 cup raw cashews (raw)
- 2 Tbsp olive oil
- 1 cup white or yellow onion (diced)
- 4 cloves garlic (minced)
- 1 tsp ground cumin
- 3/4-1 tsp sea salt
- 1/4 tsp black pepper
- 1 pinch cayenne
- 2 (4-oz.) cans diced green chiles (canned, diced)
- 3 (15-oz.) cans white beans (drained and rinsed)
- 1 cup corn (frozen)
- 2 cups baby spinach or kale (baby spinach, baby kale, or chopped kale)
- to serve cornbread (optional)
- to serve cilantro (freshly chopped, optional)
- to serve green onion (thinly sliced, optional)
- to serve hot sauce (optional)

## Instructions

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1. Make the cashew milk: In a high-speed blender, combine the water and raw cashews and blend until completely smooth and creamy, about 1–2 minutes. Set aside.
2. Heat a large pot over medium heat. Add the olive oil, diced onion, and minced garlic. Cook, stirring occasionally, until the onions are soft and translucent, about 5 minutes.
3. Add the ground cumin, sea salt (start with the lesser amount), black pepper, and cayenne. Cook for 1 minute until fragrant.
4. Stir in the diced green chiles, drained and rinsed white beans, and corn until combined.

5. Pour in the cashew milk and bring to a light boil. Reduce heat to low and simmer for about 10 minutes, stirring occasionally, until slightly thickened. If too thick, add a splash of water or dairy-free milk to thin.
6. Taste and adjust seasoning, adding more salt for overall flavor and more cayenne for heat as desired.
7. Remove from heat and stir in the spinach or kale until just wilted.
8. Serve warm with cornbread, cilantro, green onion, and hot sauce, if desired.

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**Tags: Vegan, Gluten Free, Chili, Soup, High Fiber, Meal Prep Friendly**

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