

Easy Vegan Chili Recipe

Prep: 10 minutes • Cook: 30 minutes

A hearty, tomato-forward vegan chili layered with warm ancho chili, cumin, and oregano, brimming with tender veggies and creamy beans for a cozy, satisfying bowl.

Ingredients

- 1 small yellow onion (diced)
- 2 green bell peppers (diced)
- 3 ribs celery (diced)
- 3 cloves garlic (minced)
- 3 small carrots (thinly sliced)
- 4 tablespoons ancho chili powder
- 1 tablespoon ground cumin
- 1 teaspoon dried oregano
- 1/2 teaspoon cayenne pepper (optional)
- 1 teaspoon sea salt
- 2 15-ounce (425 g) cans red kidney beans (drained)
- 2 15-ounce (425 g) cans pinto beans (drained)
- 2 28-ounce (793 g) cans crushed tomatoes
- 1 cup (235 ml) low-sodium vegetable broth (or water)
- to taste green onions (sliced, for serving (optional))
- to taste nutritional yeast (for serving (optional))
- to taste vegan sour cream (for serving (optional))

Instructions

1. Warm a large pot or Dutch oven over medium-high heat. Add 1/3 cup (80 ml) water, then add the diced onion, celery, and green bell peppers. Cook, stirring occasionally, until the water evaporates and vegetables begin to turn golden, about 8–10 minutes.
2. Deglaze the pot with 1/4 cup (60 ml) water, scraping up any browned bits.
3. Reduce heat to medium. Add the garlic and carrots, then stir in the chili powder, cumin, oregano, sea salt, and optional cayenne. Sauté 2–3 minutes, adding a splash of water if needed to prevent sticking.
4. Add the kidney beans, pinto beans, crushed tomatoes, and vegetable broth (or water). Bring to a boil, then reduce to a simmer. Cover and cook 10 minutes.
5. Uncover and simmer 5–7 minutes more, stirring occasionally, until the carrots are tender and the chili reaches your

desired thickness.

6. Serve warm with desired toppings. Refrigerate leftovers up to 5 days or freeze up to 1 month.

Tags: Vegan, Chili, Soups and Stews, American, High Fiber, Meal Prep Friendly

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