

Roasted Veggie Chili with Toppings

My philosophy of “heat” in chili.

In my house everyone has a different idea of what is spicy hot and what is not. So I make my chili mild and let each individual decide how hot they want it by adding toppings. Is it the same as cooking the heat into the chili - No, but it works for us. I will have suggestions if your family likes it HOT!

Prep time: 30 minutes

Cook time: 4 hours

Ingredients

Olive Oil

1 medium Red Onion, chopped

1 medium Yellow Onion, chopped

3 cloves garlic, chopped

2 28 oz. cans Whole Italian Peeled Tomatoes in puree and basil leaf, hand crush

1 14.5 oz. can Diced Fire Roasted Tomatoes

1 10oz, can Ro*tel Diced Tomato and Green Chili, mild

2 19 oz. cans Progresso Cannellini Beans

2 16 oz. cans Dark Red Kidney Beans

1 Tbsp. Whole Cumin seed

2 Tbsp. McCormick brand Chili Powder

2 Tbsp. Oregano

1 Tbsp. Cinnamon

2 tsp. Sumac (found at middle eastern grocery)

3 Tbsp. Paprika

1 tsp. Turmeric

1 Chipotle Pepper with a Tbsp of adobo sauce from the can*

2 15 oz. cans Fiesta Corn. drained (sweet corn and red and green bell peppers)

1 15 oz. can White Hominy, drained

1 6 oz. can Tomato Paste



Toppings

Sliced Jalapeño Peppers

Sliced Mild Banana Peppers

Fresh Cilantro, chopped

Sour Cream

Guacamole

Hot Sauce

Shredded Mexican or Cheddar Cheese

Fritos

Lime wedges

Preparation

Preheat your oven to 300 degrees.

Measure out your cumin seed and oregano and place in a small bowl. Set aside. In a separate small bowl measure out the chili powder, paprika, sumac, and turmeric. Set aside.

Chop your onions and garlic and set aside. Open the cans of Italian tomatoes, fire roasted tomatoes and Ro*tels. Set aside. Open all cans of beans and then drain and rinse in a colander. Set aside.

Place your dutch oven on a medium high heat and allow the pan to get hot. Pour a thin layer of olive oil that covers the bottom allowing the oil to quickly heat up. Make sure oil is hot. Pour in cumin and oregano. Stir so it does not burn. Allow to sizzle for 30 seconds.

Add chopped onions and garlic and stir to coat. Cook until translucent, stirring as needed so it does not burn.

Add bowl of spices to onions and herbs. Stir to coat. Allow to cook for additional 2-3 minutes, stirring as needed.

Hand crush the whole tomatoes as you add them to the pot, and pour in all juice from the can. Add fire roasted tomatoes, and Ro*tels. Allow mixture to bubble up, then turn heat to medium.

Add drained and rinsed beans. Stir to blend in. Put on the lid of the dutch oven and put in the preheated oven. Cook for two hours. Remove lid, stir and place back in oven for another hour.

At the end of the third hour, add the chipotle in adobo with a Tbsp of adobo sauce (from the can) and the can of tomato paste. Stir until paste has been blended into with no clumps. Next add in drained fiesta corn and hominy. Stir to blend. Replace lid and cook for last hour.

When you are ready to serve have your toppings set out so that folks can add as desired.

