



Makes 9 cups
Preparation Time: 30 minutes
Cook Time: 45 minutes

INGREDIENTS:

½ of a 16-oz. pkg. tube-style polenta

1 8-oz. pkg. fresh cremini mushrooms, coarsely chopped

1 onion, chopped (1 cup)

1 red bell pepper, chopped (1 cup)

1 fresh jalapeño chile, seeded and finely chopped (see tip in recipe intro)

3 cloves garlic, minced

1 tablespoon chili powder

1 tablespoon cornmeal

1 tablespoon date paste

1 tablespoon no-salt-added almond butter

2 teaspoons unsweetened cocoa powder

2 teaspoons dried oregano, crushed

½ teaspoon ground cinnamon

2 cups low-sodium vegetable broth

1 15-oz. can no-salt-added tomato sauce

1 14.5-oz. can no-salt-added diced tomatoes, undrained

1 15-oz. can no-salt-added black beans, rinsed and drained

1 15-oz. can no-salt-added pinto beans, rinsed and drained

1½ cups frozen fire-roasted corn

Sea salt and freshly ground black pepper, to taste

Optional toppings, such as toasted pepitas, chopped fresh

Mole-Style Chili with Tamale Croutons

Broiling small cubes of **polenta** creates crunchy croutons with appealing charred edges—the perfect finish to this deliciously spiced vegan chili.

Tip: Chile peppers contain oils that can irritate your skin and eyes. Wear plastic or rubber gloves when working with them.

By Nancy Macklin, RDN

- 1** Preheat broiler. For croutons, cut polenta into ½-inch cubes. Place polenta in a single layer on a baking sheet. Broil 4 to 5 inches from heat 8 to 10 minutes or until crisp and lightly browned, tossing once. Cool on a wire rack.
- 2** In a large pot cook the next five ingredients (through garlic) over medium 5 minutes, stirring occasionally and adding water, 1 to 2 Tbsp. at a time, as needed to prevent sticking.
- 3** Stir in the next seven ingredients (through cinnamon); cook 1 to 2 minutes. Add the next six ingredients (through corn). Bring to boiling; reduce heat. Simmer 30 to 40 minutes to blend flavors.
- 4** Season with salt and black pepper. Top servings with croutons and, if desired, pepitas, cilantro, and jicama.

cilantro, and/or julienne-cut
jicama