



Makes 10 cups
Preparation Time: 20 minutes
Cook Time: 30 minutes

INGREDIENTS:

2 cups finely chopped yellow onions

2 cups finely chopped red bell peppers

1 cup coarsely chopped fresh poblano chile peppers

½ cup millet

2 tablespoons finely chopped and seeded fresh jalapeño

3 cloves garlic, minced

4 cups low-sodium vegetable broth or water

3 15-oz. cans diced fire-roasted tomatoes, undrained

2 15-oz. cans red kidney beans, rinsed and drained

1 tablespoon onion powder

1 teaspoon ground cumin

1 teaspoon dried oregano, crushed

½ teaspoon chipotle chile powder or finely chopped chipotle chile pepper in adobo sauce

2 tablespoons paprika

2 tablespoons lemon juice

Sea salt, to taste

Corn tortillas or steamed rice, for serving

Hearty Vegan Red Bean Chili

This vegan red bean chili is bursting with fresh produce, hearty kidney beans, and delicious smoky spices that will amp up your dinnertime. **Millet** is the surprising ingredient that adds extra heft to each spoonful and offers a subtle chewy texture. If you can't find poblano peppers, substitute green or yellow bell peppers and kick up the heat with a little extra jalapeño. Soak up the savory stew with a side of brown rice or **whole wheat tortillas**!

By Darshana Thacker Wendel

- 1** In a Dutch oven cook the first six ingredients (through garlic) over medium-low 15 minutes, stirring occasionally. Add water, 1 to 2 tablespoons at a time, as needed to prevent sticking.
- 2** Add the next eight ingredients (through paprika). Bring to boiling; reduce heat. Simmer, covered, 30 minutes or until millet is tender.
- 3** Stir in lemon juice and season with salt. Serve hot with tortillas or rice.