



8 cups

Preparation Time: 20 minutes

Cook Time: 25 minutes

INGREDIENTS:

2 cups finely chopped red onions

1 cup finely chopped celery

1 cup finely chopped green bell pepper

1 cup chopped red bell pepper

12 small cloves garlic, minced

2 tablespoons mild chili powder, or to taste

1 tablespoon sweet paprika

2 teaspoons ground cumin

2 15-oz. cans diced tomatoes, undrained, or 3 cups chopped fresh tomatoes

2 cups fresh or frozen blueberries

2 15-oz. cans kidney beans, rinsed and drained (3 cups)

¼ cup finely chopped fresh cilantro

2 tablespoons lemon juice

½ teaspoon sea salt

Kidney Bean Chili with Blueberries

Fruit isn't just for sweet treats! In this vegan chili, blueberries—which are both blended into the stew and used as a garnish—deliver hits of juicy sweetness to complement the earthy, savory notes of the kidney beans. The result is a fragrant, deliciously complex **stew** that's ready in under an hour. Chili freezes well; make extra and you'll always have a healthy homemade meal ready to go.

By Darshana Thacker Wendel

- 1** In a large pot combine the first eight ingredients (through cumin) and ½ cup water. Cook over medium 15 minutes or until onions are tender, stirring occasionally. Add tomatoes and 1½ cups of the blueberries. Cook 15 minutes more.
- 2** Transfer 2 cups of the chili to a blender; let cool. Cover and blend until smooth. Return mixture to the pot. Stir in beans, half of the cilantro, the lemon juice, and salt. Bring to boiling; reduce heat. Simmer 5 minutes. Top servings with the remaining blueberries and cilantro.