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The Best Vegetarian Chili

This will become a “go-to” after one bite!

This vegetarian chili is so good you won't miss the beef. I've made this recipe again and again. Chances are if you've been on one of our trips you've eaten this one. It doesn't disappoint. A dehydrator is required

Serves Many

Ingredients

2 cups Cooked quinoa (from 2/3 cup dry)

1 tbsp Olive oil

1 Large yellow onion diced

4 Cloves of garlic minced

2 (14.5 oz) cans Diced tomatoes

1 (15 oz) can Tomato sauce

1 (7oz) can Diced green chilies

2 1/2 tbsp Chili powder

2 tsp Ground cumin

2 tsp Cocoa powder

1 1/2 tsp Paprika

1/2 tsp Ground coriander

1/8 tsp Cayenne pepper

Salt and freshly ground black pepper to taste

2 (15oz) cans Kidney beans, drained and rinsed

1 (15oz) can Black beans, drained and rinsed

1 1/2 cups Fresh or frozen corn

1/4 cup Chopped cilantro

1 tbsp Lime juice



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Instructions

At Home

- Heat olive oil in a large pot over medium-high heat.
- Once oil is hot add onion and saute until translucent, about 4 minutes. Add garlic and saute 1 minute longer.
- Add in diced tomatoes, tomato sauce, cooked quinoa, vegetable broth, green chiles, chili powder, cumin, cocoa, paprika, coriander, cayenne pepper and season with salt and pepper to taste.
- Bring mixture just to a boil, then reduce heat to a simmer, cover pot and allow to simmer 30 minutes.
- Add in all kidney beans, black beans, corn, cilantro and lime and cook until heated through
- Place on dehydrator trays and dehydrate for 10-12hours or until the chili is dry throughout
- Once dehydrated place 1 cup per person of dry chili in a bag
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On the Trail

- Boil equal parts water to chili
- Add chili and rehydrate for 15-20 minutes.
- Serve and enjoy!