

Vegetarian Chili for a Crowd

¾ cup Kamut (optional)

3 cups water

1 tsp salt

2-3 Tbsp Olive Oil

1 large red onion, finely diced

4-6 large cloves garlic, finely diced

2 Tbsp cumin

3 Tbsp chili powder

1 Tbsp taco powder (optional) (I use Taco Dust – it's very spicy)

1 large sweet potato, diced into small pieces (optional)

Salt and pepper to taste

4 cups (1 32 oz box) Vegetable Broth

3 cups (1 26 oz jar) Tomato Sauce (I use Trader Joes Portabello and Carmelized Onion Marinara)

1 can salsa (I use Trader Joes Chipotle Salsa)

9 cans Eden Organic Beans (3 Black Bean, 3 Aduki Bean, 3 Black Soy), drained, reserve liquid

4-6 Tofurky vegetarian Kielbasa sausages (4 to a package), diced

Bring 3 cups water with ½ tsp salt to boil. Add Kamut, boil for 3 minutes, then cover and simmer for 90 minutes. Drain and set aside or refrigerate overnight.

In a large stock pot, heat olive oil, add onions and garlic. Saute on medium high heat until fragrant. Add cumin, chili powder, taco powder, stir continuously for about a minute. Add sweet potato and stir for about a minute. Add vegetable broth and stir. Cook for about 10 minutes until sweet potatoes become al dente. Add tomato sauce, salsa, beans, Kamut and sausage. If you have room for the reserved bean liquid, add it. If not, it can be added later if you need more liquid. Stir well, bring to a boil, then reduce heat and simmer for 2 hours. Salt and pepper to taste. Keep on low heat throughout the party. It will just keep getting better!

(Note, if you prefer to use dried beans and cook them yourself beforehand, I recommend adding a piece of kombu (a dried sea vegetable) when you simmer the beans. Kombu will remove all the gases from the beans. Eden canned beans are all cooked with kombu, which is why I always use that brand when using canned beans.)