

Vegetarian Chili

Ingredients

10 oz. package Vegetarian Burgers (I prefer Gardenburger brand black bean chipotle burgers), thawed and crumbled
2-3 Tablespoons olive oil
1 large onion, chopped
1 large pepper, chopped
4 cloves garlic, chopped
1 Tablespoon chili powder
1 teaspoon cumin
1 16-ounce jar salsa
1/3 cup water
1 15-ounce can black beans, drained and rinsed

Mise en place! (Everything in its place)

Directions

1. Heat olive oil in large saucepan.
2. Add onion and pepper, cover and sauté on low-medium heat 6-8 minutes until vegetables are softened.
3. Add garlic and sauté about 1 minute.
4. Add chili powder and cumin and sauté about 30 seconds.
5. Add salsa and water. Cover and simmer on low heat 10 minutes.
6. Add the burgers and beans and simmer 3-5 minutes to heat through. Add more water if you would prefer a thinner chili.
7. Topping suggestions: Shredded cheese, sour cream, crushed tortilla chips, chopped scallions.

[Link to Video](#)