

# Vegetarian chili

## INGREDIENTS

- 1 cup walnuts
- 8 ounces fresh mushrooms, washed, stems removed
- 4 medium carrots, cut into chunks
  
- 2 tablespoons olive oil
- 1 onion, finely diced
- 4 cloves garlic, minced
  
- 3 tablespoons tomato paste
- 2 teaspoons cumin
- 1 teaspoon smoked paprika
- 2 tablespoons soy sauce
- 1 teaspoon salt
  
- 1 large can diced or crushed tomatoes (*with juices*)
- 1 can black beans
- 1 cup water

## INSTRUCTIONS

1. Make the “meat” – pulse all ingredients in a food processor until broken down into a chunky paste-like texture. Set aside.
2. Mix the spices, salt, soy sauce and tomato paste. Set aside.
3. Heat the olive oil over medium heat. Add the onions and garlic. Sauté for 5-10 minutes until very soft.
4. Add the spice mix. HELLO FLAVOR.
5. Add your “meat” to the pan – once it mixes in and starts cooking, it should start to resemble chili meat. Let the “meat” cook for 10 minutes or so to soften the vegetables.
6. Add tomatoes, beans and water to get the consistency right. Let it simmer for about 45 minutes to soften the vegetables, thicken it up, and let the flavors come together.