

Vegan Crock Pot Vegetable Chili

Ingredients

1 1/2 Onion
5 Garlic Cloves
1 Medium Sweet Potato
2 Bell Peppers
1 Large Zucchini
1/2 Cup Chopped Green Onion
4 Medium Stalks Celery
1 Cup Organic Tomato Soup
2 Cans Fiesta Corn
2 Cans Zesty Diced Tomatoes
2 Jalapeno Peppers
2 Cans Red Kidney Beans
1 Can Tri-Color Beans
1 Can Black Beans
5 Cups Tomato Sauce
1 Cup Tomato Paste
1/4 Cup Olive Oil
1 Bag Meatless Crumbles (Or cooked ground turkey)
1/4 Cup Chili Powder
1 Tablespoon Ground Black Pepper
1 Teaspoon Garlic Salt
1/2 Tablespoon Ground Cinnamon
3 Stevia Packets.

I used a 6 quart crock pot. If yours is smaller, divide the recipe in half.

Dice up vegetables and add them to your crock pot.

-If you want your chili extra hot, do not remove the seeds from the jalapeno. If you want it mild, remove the seeds.

Drain the beans and add them into the crock pot with the corn.

Add the cans of diced tomato to the crock pot. Do not drain.

Combine the garlic cloves, spices, olive oil, tomato sauce, tomato paste, tomato soup together.

Pour the spices and tomato mixture into a blender and mixed together.

-Pour the tomato sauce into crock pot slowly.

-If your crock pot starts to fill to the top cook for an hour on high. As the vegetables cook down, add the remaining sauce.

-Cook on high for 5-6 hours.

While the chili is cooking, defrost the meatless crumbles.

Add them in one hour before serving.

Serving Size: 1/2 Cup (Recipe makes 48 Servings)

Nutrition Per Serving: 62 Calories, 1.4g Fat, 10g Carbs, 4g Fiber, 3g Sugar, 3g Protein, 292 mg Sodium (if you use all low sodium beans)