

Slow Cooker Vegan Chili

13 ingredients · 8 hours · 8 servings



Directions

1. Add whole tomatoes with juice to the slow cooker and roughly crush with your hands. Add remaining ingredients and stir until combined.
2. Cover and cook on high for 6 to 8 hours, depending on the strength of your slow cooker.
3. Ladle into bowls and enjoy!

Notes

Serve it With

Organic toast, quinoa, brown rice or a salad.

Storage

Refrigerate in an air-tight container for 4 - 5 days or freeze up to 4 months.

Make Ahead

Chop celery, bell peppers, carrot and onion ahead of time.

Kid-Friendly

Omit the chili powder and puree until smooth. Serve with organic tortilla chips.

Extra Spicy

Add 1 - 2 chopped jalapeno peppers, chili flakes or extra chili powder.

More Greens

Mix in chopped kale or spinach. Stir until wilted.

Extra Toppings

Top with green onion or diced avocado.

Ingredients

6 cups Canned Whole Tomatoes

2 cups Red Kidney Beans (cooked, drained and rinsed)

2 cups White Navy Beans (cooked, drained and rinsed)

2 cups Frozen Corn

2 stalks Celery (diced)

2 Green Bell Pepper (de-seeded and chopped)

2 Carrot (chopped)

1 White Onion (diced)

4 Garlic (cloves, minced)

2 tsps Cumin

1 tsp Oregano

3 tbsps Chili Powder

1 tbsp Sea Salt

Nutrition

Amount per serving

Calories	222	Vitamin C	47mg
Fat	1g	Calcium	127mg
Saturated	0g	Iron	5mg
Carbs	42g	Vitamin D	0IU
Fiber	14g	Vitamin B6	0.3mg
Sugar	8g	Folate	124µg

Protein	12g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	71mg
Sodium	1325mg	Zinc	1mg
Potassium	681mg	Selenium	3µg
Vitamin A	4434IU		