

Hearty Vegetable Slow Cooker Chili

Prep Time: 20 minutes

Cooking Time: 6 - 8 hours

Yields: 8 - 10 servings

Prep Notes: none

Category: Soups & Stews

Source: Deanna Snyder, RN

The Ingredients

- 1 tablespoon olive oil
- 4 cloves of garlic, chopped
- 1 onion, chopped
- 1 large container of organic baby spinach
- 1 can organic corn kernels
- 1 zucchini, chopped
- 1 pint mushrooms, chopped
- 6 tablespoons chili powder
- 1 tablespoon ground cumin
- 1 tablespoon dried oregano
- 1 tablespoon dried parsley
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- 2 (14.5 ounce) cans diced tomatoes with juice
- 1 (15 ounce) can black beans, rinsed and drained
- 1 (15 ounce) can garbanzo beans, drained
- 1 (15 ounce) can kidney beans, rinsed and drained
- 2 (6 ounce) cans of tomato paste
- 1 (8 ounce) can tomato sauce, or more if needed
- 1 cup organic vegetable broth, or more if needed



Directions

- Heat coconut oil in a large skillet over medium heat, cook onions, mushrooms and garlic until onions start to brown, wilt down spinach, 8-10 minutes. Place mixture in slow cooker.
- Stir in corn, zucchini, chili powder, cumin, oregano, parsley, salt, pepper, tomatoes, black beans, garbanzo beans, kidney beans, and tomato paste until thoroughly mixed. Pour the tomato sauce and vegetable broth over the ingredients.
- Set the cooker on low, and cook until all vegetables are tender, 4-5 hours.
- Check seasoning; if chili is too thick, add more tomato sauce and vegetable broth to desire thickness. Cook additional 1-2 hours to blend flavors.