

Vegan Chili Con Carne

Hearty vegan chili con carne with soy mince, beans, and vegetables. Easy 30-minute plant-based recipe that's healthy, spicy, and perfect for meal prep.

5 min

PREP

25 min

COOK

30 min

TOTAL

8

SERVINGS

Easy

DIFFICULTY

Ingredients

- 500 g soy mince
- 500 g red kidney beans
- 500 g tomato
- 3 bell pepper
- 2 carrot
- 2 celery stick
- 2 onion
- 3 clove garlic
- 500 ml vegetable broth
- 1 red chilli
- 2 tbsp olive oil
- 1 tbsp paprika
- 1 tsp salt

Instructions

1 Prepare the vegetables

Dice 2 onions into small pieces. Mince 3 cloves of garlic. Dice 2 bell peppers, 2 celery stalks, and 2 carrots into 1/2-inch pieces. Drain and rinse the kidney beans in a colander until water runs clear.

2 Build the base

Heat 2 tablespoons olive oil in a large heavy-bottomed pot over medium heat (160°C/325°F). Add the diced onions and cook for 4-5 minutes, stirring occasionally, until softened and translucent.

- 3 Add the minced garlic and cook for 1 minute until fragrant, stirring constantly to prevent burning.
- 4 **Add the protein and spices**
Add 500g soy mince, 1 tablespoon paprika, and 1 teaspoon salt to the pot. Stir well and cook for 3-4 minutes until the soy mince is heated through and evenly coated with spices.
- 5 Add the diced bell peppers, celery, and carrots to the pot. Cook for 5-6 minutes, stirring occasionally, until vegetables begin to soften but still have some bite.
- 6 **Create the sauce**
Stir in 500ml vegetable stock and bring to a boil over medium-high heat. Once boiling, reduce heat to medium-low and simmer for 8-10 minutes until vegetables are tender and liquid has reduced slightly.
- 7 **Finish the chili**
Add the drained kidney beans and stir gently to combine. Simmer for 3-4 minutes until beans are heated through and flavors have melded together.
- 8 Taste and adjust seasoning with additional salt if needed. Serve hot in bowls with your choice of toppings.

Tips

For the best flavor, toast your spices in the dry pan for 30 seconds before adding other ingredients. This releases their essential oils and creates a deeper, more complex taste.

Don't skip the sautéing step for onions and garlic – cooking them until soft and fragrant creates the flavor foundation for the entire dish.

If using frozen soy mince, there's no need to thaw it first. It will defrost quickly in the hot pan and actually helps prevent overcooking.

Let the chili simmer uncovered for the last few minutes if you prefer a thicker consistency. The liquid will reduce and concentrate the flavors.

Taste and adjust seasonings at the end of cooking. You may need more salt, a splash of acid from lemon juice or vinegar, or additional spices to balance the flavors.

For meal prep, slightly undercook the vegetables so they don't become mushy when reheated. They'll finish cooking during the reheating process.

Make a double batch and freeze half – it's just as easy to make a large quantity and you'll have future meals ready to go.

Add a tablespoon of tomato paste along with the purée for extra umami depth and richer color.