

Vegan Chili Con Carne (Ac?l? Meksika Fasulyesi)

Hearty vegan chili con carne with plant-based meat, beans, and bold spices. This dairy-free Tex-Mex classic is perfect for meal prep and feeds 8 people.

5	25	30	8	Easy
HAZIRLIK DK	PI?IRME DK	TOPLAM DK	PORSIYON	ZORLUK

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Malzemeler

- 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

Yap?l???

- Prepare the vegetables**

Dice 3 onions into small pieces. Mince 3 cloves garlic. Dice 2 bell peppers into 1/2-inch pieces.
- Brown the plant-based meat**

Heat 2 tablespoons olive oil in a large heavy-bottomed pot over medium-high heat until shimmering. Add 500g plant-based ground meat and cook for 5-6 minutes, breaking it apart with a wooden spoon until browned and slightly crispy.
- Add the diced onions to the pot and cook for 4-5 minutes, stirring occasionally, until softened and translucent. Add minced garlic and cook for 1 minute until fragrant.**
- Stir in 1 tablespoon tomato paste and cook for 1 minute until darkened and aromatic. Add 2 tablespoons chili powder, 1 teaspoon cumin, and salt to taste, stirring constantly for 30 seconds until fragrant.**
- Build the chili base**

Add the diced bell peppers and cook for 3-4 minutes until slightly softened. Pour in 500ml vegetable broth and the canned tomatoes with their juice, stirring to combine and scraping up any browned bits from the bottom of the pot.

- 6 Add 500g kidney beans and 500g black beans (drained and rinsed if using canned). Bring the mixture to a boil over high heat, then reduce heat to medium-low.
- 7 Cover and simmer for 20 minutes, stirring every 5 minutes to prevent sticking. The chili should bubble gently and the vegetables should be tender.
- 8 Remove the lid and simmer for 5-10 more minutes until the chili thickens to your desired consistency, stirring occasionally. Taste and adjust salt, chili powder, and cumin as needed before serving.

?puçlar?

Use frozen plant-based ground meat for the best texture – it holds together better than fresh and creates more realistic meat-like pieces when cooked.

Brown the plant-based meat thoroughly before adding other ingredients. This develops deeper flavors and prevents the mixture from becoming mushy.

Add the tomato paste after the vegetables have softened and cook it for 1-2 minutes before adding liquids. This removes the raw taste and intensifies the tomato flavor.

For richer flavor, use a combination of vegetable broth and a splash of red wine or dark beer. The alcohol cooks off, leaving behind complex undertones.

Don't skip the final 5-minute simmer uncovered – this helps the chili thicken to the perfect consistency and concentrates the flavors.

Taste and adjust seasonings at the end of cooking. Chili often needs a final boost of salt, chili powder, or a squeeze of lime juice to brighten the flavors.

For meal prep, slightly undercook the vegetables so they don't become mushy when reheated. The chili will continue cooking during storage.

Make a double batch and freeze half – this chili freezes exceptionally well and makes an easy weeknight dinner when you're short on time.