

Park City Chili

Makes: 6 Servings

This hearty vibrant vegan chili is a delicious and nutritious main course. The spices make this mouth watering chili a tasty (but not spicy) winner with everyone, including the kids. The polenta (corn grits) help make it a substantial and satisfying meal.

Ingredients

- 1 tablespoon** vegetable oil
- 1/4 cup** frozen onion, diced
- 1/4 cup** frozen carrots, diced
- 1/4 cup** frozen celery, diced
- 1/4 cup** frozen green or red pepper, diced
- 1 tablespoon** garlic, minced
- 3 cups** canned pinto beans, drained (USDA reduced sodium)
- 1 1/2 cups** canned diced tomatoes, with liquid (USDA reduced sodium)
- 1 tablespoon** chili powder
- 1 teaspoon** cumin
- 1 teaspoon** salt
- 2 cups** water
- 1/3 cup** Corn grits (quick dry)

Directions

1. In a large stockpot, saute onions, carrots, celery, and bell pepper in vegetable oil for about 10 minutes or until onions are translucent.
2. Add garlic and saute for an additional 1-2 minutes.
3. Add beans, tomatoes, spices, and water and bring to a boil. Reduce heat and simmer for 30 minutes or until vegetables are tender.
4. Add grits and cook over low heat for 3-5 minutes.
CCP: Heat to 165° or higher for at least 15 seconds.
5. CCP: Hold for hot service at 135° or higher. Portion with 8 oz ladle (1 cup).



Notes

Serving Size: 1 cup