

## Vegan Chili Rich's way

*Soak 2 cups kidney beans over night then cooked an hour + till tender*

Arranged in order to add to big tall pot to cook *at medium heat then lower to simmer later on.*

One medium white onion – diced

One Red, yellow and green pepper diced

3 fresh jalapeno peppers seeds removed and diced (Omit if you want mild chili)

3 cups fresh tomatoes – diced

6 oz tomato paste

2 cups water

1 teaspoon cumin

½ teaspoon sea salt

1/2 teaspoon cayenne pepper (half this if you want mild chili)

1/2 teaspoon Scotch Bonnet pepper sauce (very hot like habanero but more flavor - Omit if you want mild chili)

2 tablespoon chili powder

5 bay leaves (remove after cooking or while serving)

1 cup frozen corn niblets

3 tablespoons Maze (cornmeal powder) thickens sauce add more at end if too runny.

Sautéed onions in about ¼ cup veggie stock or water about 10 min then add peppers  
Cover - cook another 10min add water, tomatoes, tomato paste, corn, spices bay leaves, Maze.

Separately In a small saucepan I add ¼ cup water, ½ cup of finely diced tempeh and 1 tbs chili powder to cook over med heat - makes a spicy taco meat kind of stuff

*Reduce heat, cover to simmer 10 min then add to chili when water is all but gone.*

3 cups soaked and cooked kidney beans I add these last to keep from tearing up the beans with a lot of stirring.

Simmer for an hour – serve with home made gluten free corn bread: