Easy Chili

Delicious with rice or cornbread. Soyrizo is available in many supermarkets.

1 onion, chopped (you can use frozen, chopped onions)
2 cloves garlic, pressed
2 cans (3 cups) cooked pinto beans, black beans, OR 1-1/2 cups of each, drained
2 tablespoons tomato paste
1 cup vegetable broth
1 tablespoon chili powder
1/4 teaspoon ground cinnamon
1/4 teaspoon ground cumin
1/4 teaspoon dried oregano
1/2 jalapeno pepper, seeded and minced, optional (add only if you like very hot, spicy chili)
1 15-oz. can of chopped tomatoes
1 cup Soyrizo (meatless soy chorizo)
Salt to taste
Cilantro and/or chopped red onions for garnish

In a large saucepan sauté onion and garlic in 1/2 cup of water until onions are translucent. Blend in all remaining ingredients except Soyrizo and salt and pepper. Bring to a boil, then simmer for 15-30 minutes, stirring frequently as it thickens.

While chili is simmering, slit half of the Soyrizo casing and scrape out contents with a spatula. (Remaining Soyrizo can be wrapped in a plastic bag and stored in the freezer.) Add a little olive oil to a small skillet, and over medium-low heat brown the Soyrizo, breaking it up with a spoon as it browns. (Stir it often; be very careful not to burn it.) Stir the browned Soyrizo into the chili. Season to taste with salt and sprinkle cilantro and/or chopped red onions on each serving. Serves about 6.

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