

Scullys' Slow-Cook Veggie Chili

Wet Ingredients:

- 2 tbs. olive oil
- 2 medium yellow onion (chopped)
- 3-4 medium cloves garlic (grated or minced)
- 2 large red bell peppers (chopped)
- 15 oz red kidney beans (cooked)
- 15 oz pinto beans (cooked)
- 15 oz black beans (cooked)
- 28 oz tomatoes (crushed) (Fire-roasted suggested)
- 30 oz tomatoes (diced)
- 1 can tomato paste
- 3 tbs. cayenne pepper sauce
- 2 tbs. soy sauce
- 1 medium habañero pepper (pureed)
- 3 large bay leaves
- 1 tbs. brown sugar
- 1 pint (16 oz) Guinness Draft (substitute stouts or porters)
- 1 (12-oz) package textured vegetable protein (TVP) crumbles
- 15 oz whole kernel corn

Dry Ingredients:

- 1/2 tsp oregano
- 1/2 tsp celery salt
- 1 tbs. cumin
- 2 tbs. chili powder
- 1/2 tsp sea salt
- 1/8 tsp crushed black pepper

Suggested Toppings:

- Fresh cilantro (chopped)
- Fresh spring onions / scallions (chopped)
- Fresh mild onions (chopped)
- Sharp cheddar cheese (grated)

In a large stock pot combine the olive oil, onions, garlic, and dry ingredients. Simmer on medium heat for 2-3 minutes. Add bell peppers and cook on medium-high heat for 3-5 minutes or until vegetables are tender, adding a small amount of water if necessary.

Add all of the beans, tomatoes and tomato paste. Carefully add the cayenne pepper sauce, soy sauce, and habañero puree. Add the bay leaves, brown sugar, and slowly pour the Guinness into the mixture. Mix thoroughly and reduce heat to medium-low. Allow to simmer slowly for 15 minutes, stirring at least once. Try not to allow the mixture to come to a boil.

Next, add the crumbles and corn and stir slowly and thoroughly. Allow to simmer slowly for 30 minutes, stirring thoroughly every 10 minutes. Taste and adjust seasonings as necessary. Serve with toppings of your choice.

Serves approximately 10 people and is ideally served with cornbread.