

Vegan Chili

<p>½ cup olive oil</p> <p>2 green or red bell peppers, diced</p> <p>2 large onions, chopped</p>	<p>Sauté onions and green pepper garlic in olive oil until soft in heavy big pot. (I use my wok because it's the heaviest pan I own.)</p>
<p>7 cloves of garlic, minced</p> <p>1 jalapeño pepper, minced</p> <p>4 Tablespoons chili powder</p> <p>1 Tablespoon sweet paprika</p> <p>1/2 teaspoon cinnamon</p>	<p>Add garlic and spices. Do not touch the inside of the jalapeño pepper or let it spray into your eyes. I put the garlic and jalapeño into the food processor—quick, safe. By hand—wear gloves.</p> <p>Sauté for about a minute. Stir for the entire minute.</p>
<p>2 large cans (28 oz.) crushed tomatoes</p> <p>1 teaspoon ground oregano</p> <p>1 teaspoon ground turmeric</p> <p>1 teaspoon ground basil</p> <p>1 cup TVP—alternatively, 1 pkg Smart Ground (vegan ground beef)</p> <p>1 Tablespoon red or white wine vinegar</p> <p>6 Tablespoons sugar</p>	<p>Add to above ingredients and stir</p> <p>For TVP (texturized vegetable protein), soak in 4 cups boiled water for 15 minutes, then drain of its water and add to pot.</p>
<p>Beans: 3 – 12 oz. cans--choose among red kidney beans or black beans. Alternatively: use 2 cups dried red chili beans, see directions right</p> <p>5 teaspoons salt--or to taste</p>	<p>Open cans of beans. Rinse in colander under plenty of water until all the foam is gone. Add to pot. Or if you're cooking your own beans—soak over night, then drain and cover with water, then pressure cook for 35 minutes (soft beans are nicer than hard ones). Do not add salt until after beans are cooked or skin will get tough.</p>

Let simmer ~20 minutes. Serve over rice, small noodles or with cornbread.

Garnish with scallions and vegan Tofutti sour cream.

(adapted by Sandy). Original Obama's chili recipe here <http://tinyurl.com/2qxyqw>