

Summer Vegetable Chili



Recipe courtesy of Food Network Kitchen

From: Food Network Magazine

Level: Easy
Yield: 4 servings
Total: 40 min
Prep: 14 min
Cook: 26 min

Ingredients:

- 3 tablespoons vegetable oil
- 1 medium red onion, chopped
- 3 cloves garlic, chopped
- 2 tablespoons chili powder
- 2 teaspoons ground cumin
- 1 poblano chile pepper, seeded and diced
- 2 portobello mushrooms, stemmed and chopped
- 2 cups frozen corn (preferably fire-roasted), thawed
- 2 14-ounce cans no-salt-added pinto beans
- 1 14-ounce can no-salt-added diced tomatoes
- Kosher salt and freshly ground pepper
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- Shredded cheddar cheese, sour cream and/or torn fresh cilantro, for topping (optional)
- 8 corn tortillas, warmed

Directions:

- 1 Heat the vegetable oil in a large pot over medium heat. Add all but a few tablespoons of the chopped red onion. Stir in the garlic, chili powder and cumin and cook, stirring occasionally, until the onion begins to soften, about 3 minutes. Add the poblano, mushrooms and corn and cook, stirring occasionally, until just tender, about 3 more minutes. Add the beans, tomatoes, 1 1/2 cups water and 1/2 teaspoon each salt and pepper. Bring to a boil, then stir and reduce the heat to medium. Simmer, stirring occasionally, until the vegetables are tender and the chili is thick, about 20 minutes. Season with salt and pepper.
- 2 Divide the chili among bowls. Top with the cheese, sour cream and/or cilantro; sprinkle with the reserved red onion. Serve with the tortillas.



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