



Vegetable Chili

Recipe Gluten-free, dairy-free (casein-free), hypotoxic and vegan

By: Cuisine l'Angélique

PORTIONS : 6

PREPARATION: 20 MINUTES

COOKING: 60 MINUTES

INGREDIENTS

- 500 ml (2 cups) cooked red beans *
- 798 ml (28 ounces) canned tomatoes
- 4 stalks celery, chopped
- 3 medium carrots, diced
- 2 diced parsnips
- 1 diced red onion
- 2 chopped coloured peppers
- 10 ml (2 tsp) cider vinegar
- Salt and pepper, to taste
- 5 ml (1 tsp) oregano
- 5 ml (1 tsp) basil
- 1 ml (1/4 tsp) cayenne powder

PREPARATION

1. Mix all the ingredients together in a large saucepan.
2. Bring to a boil, cover and simmer for 30 minutes over low heat.
3. Remove lid and cook for 20 to 30 minutes, until the mixture thickens.
4. Delicious with good fresh bread! **



A comforting dish, perfect for cold days!

TIP

* I really like having red beans cooked in advance, which I freeze in 2-cup servings, so I can easily prepare this delicious chili for my whole family! You can also double the recipe to freeze some of it and always have a meal already on hand.

** For fresh bread, you can't go wrong with our delicious [La Miche Angélique](#) or [Le Campagnard!](#)

You can also prepare this recipe in a **conventional oven** with [La Merveilleuse all-purpose flour](#). You can use the same method that is explained in the [burger bun recipe](#) to make delicious buns or your daily bread!

NUTRITION FACTS

Per portion 150 Calories

Fat: 1 g	2 %
Saturated 0,1 g	
Trans 0 g	1 %
Polyunsaturated: 0,3 g	
Omega-6: 6 g	
Omega-3: 0 g	
Monounsaturated: 0,1 g	
Cholesterol: 0 mg	
Sodium: 240 mg	10 %
Carbohydrate: 32 g	11 %
Fibres: 8 g	32 %
Sugars: 8 g	
Protéines: 7 g	
Vitamin A	100 %
Vitamin C	160 %
Calcium	8 %
Iron	25 %

Manganese	35 %
Potassium	25 %
Thiamin	20 %