Mrs. Vegan's WFPB Dinner Recipes

CHILI

1⁄2 cup water, dry vermouth, beer, or vegetable broth
1 onion, chopped
2 cloves garlic, minced
1 green or red bell pepper or some of each, chopped
One 28-oz can crushed tomatoes
2 small cans or 1 large can of red kidney beans or pinto beans, drained
2 cups frozen corn
1 or 2 cups of vegan "beef" crumbles such as Boca or Gardein Crumbles (optional)
1 tbsp sweet paprika or chili powder
1 or 2 tsp ground cumin
1 tsp ground coriander
1 tsp dried oregano
1⁄2 tsp salt
Optional ingredients: chopped celery, zucchini, eggplant.
"Secret" ingredients:
- 1 tbsp cider vinegar or red wine vinegar
- 1 or 2 tbsp blackstrap molasses
- 1 or 2 tbsp unsweetened cocoa powder
- Liberal dash of Liquid Smoke
- 1 tsp toasted sesame oil

In a large pot, sauté onion and garlic in water or other liquid until translucent, about 3 minutes. Add bell pepper and a little water and sauté briefly. Add remaining ingredients, bring to a boil, reduce heat, and simmer at least 20 minutes. Serve hot with brown rice.

This is a very flexible recipe! It can be made with fresh tomatoes in the summer if you have a bumper crop. It can be made with beans cooked from scratch; just be sure the beans are fully cooked before you add them to the acidic tomatoes. You can substitute black or white beans; you can add the liquid from the can if it's a brand with no added preservative. This is a great recipe to make ahead and reheat, and it freezes well.

This makes a mild chili. If you like heat, add more chili powder, cayenne pepper, or dried or powdered chipotle pepper (the chipotle adds a nice smoky taste, and in small amounts appeals even to people who don't like heat). You can also serve with hot sauce at the table.

BROWN RICE

1 cup brown rice

2 2/3 cups water

In a large pot, bring the rice and water to a boil; lower the heat to "Low," cover, and cook about 45 min. (If you have an electric stove, cover partially until temperature lowers, then completely cover pot.) At the end of cooking time, if the rice sticks to the pan, take the pot off the heat, add ½ c water, and cover. In a few minutes, the rice will spoon easily even from the bottom of the pan.

This is a good ratio of rice to water. For a larger crowd you can cook 1½ cups of rice in 4 cups of water (easy to remember).

