



Recipe Details

Recipe Name - Raw Vegan Chili

Recipe Steps -

Ingredients

- 4 cups tomatoes, diced
- 1 red bell pepper, diced
- 1 orange bell pepper, diced
- 2 large ribs of celery, diced
- 1 onion of your choice, diced
- 2 medium zucchini, diced
- 1 cup frozen corn or 3 ears fresh corn cut off the cob
- 4 cloves garlic, minced
- Cilantro chopped (use as much as you like, replace with parsley if you don't enjoy cilantro)
- 3 dates, diced
- 1 (7oz) can of green chilis drained or 1/3 cup diced chilis of your choice 1
- Tbsp chili powder
- 1 Tbsp salt-free southwest seasoning
- 2 tsp salt-free southwest sweet and Smokey seasoning
- 1 tsp salt-free taco seasoning
- 1 tsp salt-free BBQ seasoning
- Pink salt or splash tamari

(Note: use any southwest seasoning you enjoy, be creative and have fun, this recipe is versatile and can fit any taste)

Instructions

1. Prepare vegetables as indicated in the ingredients list (diced, etc.) and combine all ingredients in a large size bowl
2. Place 1/2 of the mixture into a high-speed blender and blend until smooth (soup-like)
3. Pour the "soup-like" mixture back into the bowl with the remaining vegetables, incorporate well

