

Six-Can Vegetarian Chili

It doesn't sound as sexy as a meal made entirely from raw ingredients, but throwing together a hearty, healthy, vegetable-studded chili in well under half an hour appeals to me. In this version, loosely based on the beef chili my mother-in-law makes, I especially love that I can dump all the canned ingredients in without any fuss—which usually means that even on a tired day, I have the energy to make homemade cornbread while the chili simmers. Serve as is, or top with shredded cheese and a dollop of sour cream.

This recipe can be easily doubled or tripled—you'll just have to cook the vegetables a little longer before adding the beans.

If you like a spicier, smoky chili, consider adding a finely chopped chipotle pepper or two, from a can of chipotles en adobo.

TIME: 25 minutes prep

MAKES: 4 to 6 servings

- 1 tablespoon olive oil
- 1 large onion, chopped
- 2 tablespoons chili powder
- 2 teaspoons dried oregano
- 1 teaspoon salt
- 2 large cloves garlic, finely chopped
- 1 (6-ounce) package sliced crimini mushrooms
- 1 (15-ounce) can kidney beans
- 1 (15-ounce) can black beans
- 1 (15-ounce) can pinto beans
- 1 (28-ounce) can tomato sauce
- 1 (15-ounce) can corn
- 1 (7-ounce) can fire-roasted, chopped green chilies
- 1 red bell pepper, seeded and chopped
- 2 tablespoons brown sugar
- 2 tablespoons red wine vinegar

Heat a large, heavy-bottomed soup pot over medium heat. Add the olive oil, then the onion, and cook for 5 minutes, or until the onion begins to soften. Add the chili powder, oregano, salt, and garlic, and cook and stir for a few minutes, until the spices become fragrant. Add the mushrooms, stir to blend, and cook, covered, until the mushrooms give up their water, about 10 minutes. Add the remaining ingredients, stir, and simmer for an hour or two, stirring occasionally. Season to taste and serve hot.

Leftover chili can be cooled and frozen, in an airtight container, for 3 months or so.