

Vegetarian Chili



Recipe courtesy of No Author

Show: Emeril Live | Episode: Extreme Chili

Total: 55 min
Prep: 25 min
Cook: 30 min
Yield: 6 to 8 servings
Level: Easy

Ingredients

- 2 tablespoons canola oil
- 1 1/2 cups chopped yellow onions
- 1 cup chopped red bell peppers
- 2 tablespoons minced garlic
- 2 to 3 serrano peppers, stemmed, seeded, and minced, depending upon taste
- 1 medium zucchini, stem ends trimmed and cut into small dice
- 2 cups fresh corn kernels (about 3 ears)
- 1 1/2 pounds portobello mushrooms (about 5 large), stemmed, wiped clean and cubed
- 2 tablespoons chili powder
- 1 tablespoon ground cumin
- 1 1/4 teaspoons salt
- 1/4 teaspoon cayenne
- 4 large tomatoes, peeled, seeded and chopped
- 3 cups cooked black beans, or canned beans, rinsed and drained
- 1 (15-ounce) can tomato sauce
- 1 cup vegetable stock, or water
- 1/4 cup chopped fresh cilantro leaves
- Cooked brown rice, accompaniment
- Sour cream or strained plain yogurt, garnish
- Diced avocado, garnish
- Essence, recipe follows, garnish
- Chopped green onions, garnish

Emeril's ESSENCE Creole Seasoning (also referred to as Bayou Blast):

- 2 1/2 tablespoons paprika
- 2 tablespoons salt
- 2 tablespoons garlic powder
- 1 tablespoon black pepper
- 1 tablespoon onion powder
- 1 tablespoon cayenne pepper
- 1 tablespoon dried oregano
- 1 tablespoon dried thyme

Directions

In a large, heavy pot, heat the oil over medium-high heat. Add the onions, bell peppers, garlic, and serrano peppers, and cook, stirring, until soft, about 3 minutes. Add the zucchini, corn, and mushrooms, and cook, stirring, until soft and the vegetables give off their liquid and start to brown around the edges, about 6 minutes. Add the chili powder, cumin, salt and cayenne, and cook, stirring, until fragrant, about 30 seconds. Add the tomatoes and stir well. Add the beans, tomato sauce, and vegetable stock, stir well, and bring to a boil. Reduce the heat to medium-low and simmer, stirring occasionally, for about 20 minutes.



Remove from the heat and stir in the cilantro. Adjust the seasoning, to taste.

To serve, place 1/4 cup of brown rice in the bottom of each bowl. Ladle the chili into the bowls over the rice. Top each serving with a dollop of sour cream and spoonful of avocado. Sprinkle with Essence and green onions and serve.

Emeril's ESSENCE Creole Seasoning (also referred to as Bayou Blast):

Combine all ingredients thoroughly.

Recipe from "New New Orleans Cooking", by Emeril Lagasse and Jessie Tirsch

Published by William and Morrow, 1993.

Recipe from Emeril Lagasse