Vegetable Chili with Portobello Mushrooms

Ingredients
3 tablespoons extra virgin olive oil or coconut oil, organic butter, ghee
1 medium red onion, chopped (Option: reserve some for topping prepared soup)
3 cloves garlic, chopped
2 Tablespoons chili powder
2 teaspoons ground cumin
1 poblano chile pepper, seeded and diced
2 portobello mushrooms, stemmed and chopped
2 cups chopped carrots
2 14-ounce cans no-salt-added pinto beans
1 14-ounce can no-salt-added diced tomatoes
¾ teaspoon Sea salt, or to-taste (may use Herbamare* seasoning salt, if you have it)
½ teaspoon black pepper, or to-taste
Optional additions: Greek Yogurt, Diced Fresh Tomato and/or Cilantro
Optional: Serve with warmed corn, teff, rice tortillas

Directions
1. Heat oil in large pot over medium heat. Add all but a few Tablespoons of the chopped red onion. Stir in garlic, chili powder and cumin and cook stirring occasionally, until the onion begins to soften, about 3 minutes.
2. Add the poblano, mushrooms and carrots and cook, stirring occasionally, until just tender, about 3 more minutes.
3. Add beans, tomatoes, 1 ½ cups water and ¾ teaspoon salt or Herbamare & ½ teaspoon pepper.
4. Bring to a boil then stir and reduce heat to medium. Simmer, stirring occasionally, until vegetables are tender and the chili thickens, about 20 minutes. If needed, adjust salt/pepper.
5. Divide chili among bowls. Top with desired toppings

Recipe adapted by Leigh Wagner

*Herbamare is an herb blend created by Alfred Vogel who was a Swiss phytotherapist, nutritionist and writer. It’s sold at Whole Foods, online or other natural foods stores.