



## The Mushroom Channel



## Chili con Crimini

September 10th, 2013

*It's fall. It's football season. And it's the ideal time for chili. Lucky for us, Chef Jackie Newgent, RDN, CDN, is sharing her mushroom lovers' chili recipe perfect for a fall gathering.*



I get giddy this time of year. That's because I'm an avid football fan. And what food goes best with football? Chili!

I created a super flavorful chili where crimini mushrooms replace ground beef. Since the mushrooms provide heartiness and savoriness, you truly won't miss the meat. In fact, you'll likely find it tastier. I do! It's a vegan

recipe so there's no need to make two kinds of chili for a gathering of family or friends where there are vegetarians and meat eaters. But you can top this chili as you like, such as with shredded Monterey jack cheese. Serve with crusty sourdough bread rolls, too.

One highlight of this recipe is that you can make it in advance and reheat it in a covered stockpot or slow cooker; the flavors will develop further and onions and peppers will become extra softened. Make it for Sunday game day, and enjoy the leftovers as the perfect lunch for a busy work week.

## Chili con Crimini

Makes 8 servings: 1 cup each

### Ingredients:

- 1 pound crimini mushrooms
- 1 tablespoon unrefined peanut oil or extra-virgin olive oil
- 1 large yellow onion, finely diced
- 1 large green bell pepper, finely chopped
- 1 small jalapeño pepper, with some seeds, minced
- 2 large garlic cloves, minced
- 2 tablespoons aged red wine vinegar
- 3 cups low-sodium vegetable broth
- 1 (14.5-ounce) can crushed roasted tomatoes or crushed tomatoes
- 1½ tablespoons chili powder
- 1¼ teaspoons sea salt, or to taste
- 1 teaspoon ground cinnamon
- 2 (15-ounce) cans red kidney beans, drained
- ¼ cup chopped fresh cilantro

### Directions:

1. In two batches, add the mushrooms to a food processor. Cover and pulse until finely chopped, but not mushy. Alternatively, finely chop mushrooms using a chef's knife.
2. Heat the oil in a stockpot or Dutch oven over medium-high heat. Add the mushrooms, onion, bell pepper, and jalapeño and sauté until the mushrooms are cooked through and onion is softened, about 8 minutes. Stir in the garlic and vinegar and sauté for 1 minute.
3. Add the broth, tomatoes, chili powder, salt, and cinnamon and bring to a boil over high heat. Reduce heat to medium-low and simmer uncovered, stirring occasionally, for 12 minutes. Stir in the beans and 2 tablespoons of the cilantro and simmer uncovered, stirring occasionally, until desired consistency, about 12 minutes. Adjust seasoning.
4. Spoon chili into bowls, top with the remaining cilantro, and serve.

Per serving: 150 calories, 2g total fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 690mg sodium, 26g total carbohydrate, 7g dietary fiber, 7g sugars, 9g protein

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