

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 bow with the remaining vegetables, incorporate well



