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Mushroom Lovers CLUB

WHOLE ROASTED MUSHROOM CHILI

by The Cookie Writer

Healthy, vegan, gluten-free, and just plain delicious, you can't beat this flavourful whole roasted mushroom chili!

Prep Time: 20 minutes | Cook Time: 1 hour, 15 minutes

INGREDIENTS

24 oz button and mini portobello mushrooms, whole
2 tbsp. olive oil
1 tsp. dried thyme
Salt and pepper

Chili

1 tbsp. olive oil
1 (28 oz) can diced tomatoes
1 (19 oz) can kidney beans, drained and rinsed
1/2 tbsp. chili powder
1/2 tsp. cumin
2 tsp. dried oregano
1 tsp. Hungarian paprika
Salt and pepper
1/4 cup tomato paste
1 red pepper, diced
1 green pepper, diced
2 medium onions, diced
4 garlic cloves, minced
2 medium carrots, chopped small
1 tsp. granulated sugar
Freshly chopped chives for garnish if desired



METHOD

1. Preheat oven to 425F. Line baking sheet with parchment paper or silicone liner for easy clean up.
2. Add mushrooms, oil, salt, pepper, and thyme to a large mixing bowl. Toss until well combined.
3. Pour onto baking sheet in a single layer and roast for 15 minutes. Flip, and cook for another 5-10 minutes, or until mushrooms are nice and golden.

Chili

1. In a large pot over medium-high heat, add olive oil. When hot, add in onions and carrots. Cook for 5 minutes. Add in the garlic and cook for another minute.
2. Stir in seasonings, making sure to add salt and

- pepper. Stir in tomato paste and cook for a few more minutes. Add in tomatoes, mushrooms, and beans. Reduce heat to a simmer and cook, uncovered, for 30 minutes. Add in your peppers and sugar. Taste for seasoning. Cook for another 30-45 minutes, or until veggies are tender-crisp.
3. Serve as is, or with freshly chopped chives, sour cream, and/or cheese (my favourite topping!)

Note: You can make this meal in the slow cooker (but definitely still want to roast those mushrooms!) Save time by prepping the chili while your mushrooms are in the oven.

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