

vegetarian chili with farro

Makes 6-8 servings

PREP TIME: 15-20 minutes

COOK TIME: 40 min-8 hrs (depending on method)

3 garlic cloves, minced
1 yellow onion, diced
1 green bell pepper, diced
1 red or yellow bell pepper, diced
8 oz package button mushrooms, chopped
3 cups tomatoes, diced, fresh or a 28 oz can
1 cup farro, rinsed and drained
3 cups vegetable broth
1½ cups cooked red kidney beans or a 15 oz can, drained and rinsed
1½ cups cooked black beans or a 15 oz can, drained and rinsed
½ cup tomato paste
2 tsp cumin
2 Tbsp chili powder
6–8 drops hot sauce
¼ tsp cayenne, or to taste
¼ tsp salt, or to taste
extra vegetable broth as needed
garnishes: sliced avocado, chopped green onion

SLOW COOKER METHOD

ADD all ingredients (except garnishes) to slow cooker.

STIR and heat on low for 6-8 hours.

ADD extra vegetable broth as needed to thin to desired consistency.

SERVE with sliced avocado and chopped green onion.

INSTANT POT METHOD

ADD all ingredients (except garnishes) to Instant Pot.

ATTACH lid and turn to lock, set the valve to SEALING, and manually set to HIGH pressure for 15 minutes.

LET pressure naturally release for at least 10 minutes, then manually release any remaining pressure until float valve drops.

SERVE with sliced avocado and chopped green onion.

