

Spicy Vegetarian Chili with Chocolate



This flavor-packed dish combines a medley of vegetables and aromatic spices with a hint of chocolate for a unique and satisfying twist. Perfect for chili lovers seeking a delicious and meatless option.

Preparation 30 min

Cooking 40 min

Servings 6

Nutrition Facts (per serving)

Calories 330

Fat 10

Carbohydrates 43

Fibre 12

Protein 18

Sodium 450

Ingredients

- 15 ml (1 tbsp) vegetable oil
- 1 onion, chopped
- 2 cloves garlic, chopped
- 2 carrots, diced
- 2 celery stalks, diced
- 1 bell pepper, diced

- 340 g (1 package) [GUSTA ground](#) meatless meat (or other ground meat, cooked)
- 30 ml (2 tbsp) tomato paste
- 15 ml (1 tbsp) sriracha
- 15 ml (1 tbsp) chili powder
- 10 ml (2 tsp) smoked paprika
- 5 ml (1 tsp) ground cumin
- 750 ml (3 cups) low sodium vegetable broth
- 1 can (796 ml) diced tomatoes
- 1 can (540 ml) black beans, rinsed and drained
- 125 ml (½ cup) frozen corn

Topping

- 60 ml (¼ cup) chopped dark chocolate
- 6 lime wedges
- 2 tortillas, cut into triangles
- Fresh cilantro (optional)

Preparation

1. In a large saucepan, brown onions and garlic in oil for 5 minutes over medium heat.
2. Add carrots, celery, bell pepper and the veggie ground and continue cooking for 5 minutes, stirring occasionally.
3. Add remaining ingredients. Cover and simmer on low heat for at least 30 minutes.
4. Divide into bowls and add chopped chocolate, fresh cilantro, tortillas and lime.



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