

Sweet & Spicy Vegan Chili

I love this dish! The combination of sweet pineapple, Italian vegan sausage, and a variety of other ingredients makes it a treat to eat. It also happens to be without meat or dairy so if you have guests who are vegans, they will be delighted with this meal. I don't rinse the beans. The liquid from the cans blends together to make a thick sauce. This recipe makes a large crock pot. It freezes and reheats well. Vegan Italian sausage is available at Plum Market in Ann Arbor and at Whole Foods in Mt. Pleasant. This recipe was suggested by Bob Atchinson. I added some mushroom soy to darken it a bit and I used whole cans of ingredients instead of half cans.



Ingredients:

- 1 can (15 oz.) diced tomatoes
- 1 small can (8 oz.) corn
- 1 can (15 oz.) black olives
- 1 small can (8 oz.) peas
- 14 oz. Vegan Italian sausage
- 1 clove garlic
- 4 oz. fresh button mushrooms
- 1 jalapeno chili
- 1 can (15 oz.) pinto beans
- 2 cans (15 oz.) kidney beans
- 1 can (15 oz.) black beans
- 1 can (15 oz.) chickpeas (garbonzo beans)
- 1 can (15 oz.) tomato sauce
- 1 small can (8oz.) pineapple tidbits with juice
- 4 oz. Tahini
- 1/2 tsp. Cumin
- 1/2 tsp. ground coriander
- 1/2 Tbsp. hot sauce (Sriracha Chili Sauce)
- 1/4 cup brown sugar
- 1/2 tsp. chili powder
- 1/2 tsp. garlic powder
- 1/2 tsp. onion powder
- 1/2 Tbsp. mushroom soy sauce

Equipment

- Large (5 quart) pot
- Good can opener

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☑	Directions	Time (min)
	Add the following items to a large pot:	
	Drain diced tomatoes, discard juice	3
	Drain corn, black olives, and peas. Discard liquids.	3
	Drain chickpeas and reserve the liquid for use in other vegan recipes	1
	Slice sausage 1/4 to 1/2 inch	2
	Mince garlic	3
	Clean and slice mushrooms	3
	Slice chile. Remove seeds. Mince. Do not touch your eyes. Wash hands with soap to remove oils	5
	Add remaining ingredients to pot. Bring to a boil.	10
	Remove from heat and allow to cool to room temperature. Transfer to storage containers.	60
	Refrigerate overnight or until needed	
	Reheat and serve desired quantity	
	Total	1 day