



VEGETARIAN BLACK BEAN CHILI

Ingredients

For 4 persons

180g applesauce
1 tbsp brown sugar
1 tbsp ground coriander
1 tsp ground cayenne pepper
1 tsp ground cumin
1 tsp dried oregano
1/2 tsp ground cloves
1/2 tsp dried rosemary
1/2 tsp dried sage
1/4 tsp dried thyme
1 can black beans
1 can tomato paste
2 cloves garlic
1 onion
1 yellow squash
2 carrots
1 sweet potato
150g fresh mushrooms

Steps

- 1.** In a large pot over medium-low heat, mix the applesauce, brown sugar, coriander, cayenne pepper, cumin, oregano, cloves, rosemary, sage and thyme. Cook just until heated through.
- 2.** Stir in black beans and tomato paste.
- 3.** Mix in garlic, onion, squash, carrots, sweet potato and mushrooms.
- 4.** Pour in enough water to cover. Bring to a boil, reduce heat to low and simmer 45 minutes, stirring occasionally.