



Vegetarian Red Bean Chili with Cashew Polenta

Serves 4

Traditional Vegetable Stock

Yield: 5 quarts

Ingredients:

Olive Oil	1 oz
Onions, rough chopped	3 cups
Leeks, rough chopped	3 cups
Celery, chopped	1 ½ cups
Cabbage, sliced	1 ½ cups
Carrots, sliced	2 cups
Turnips, chopped	1 ½ cups
Tomatoes, chopped	1 ½ cups
Garlic, minced	4 cloves
Sachet of Fennel, Thyme, Peppercorn, Parsley stems and Bay Leaf	
Water	5 quarts

Method:

- Heat the oil and sweat the vegetables for four minutes.
- Add the water and sachet
- Simmer for one hour; strain.

Note

For a light stock:

- Do not sweat the vegetables in oil
- use parsnips instead of carrots
- omit the tomatoes
- other vegetables may be substituted in either recipe to make a nice stock, however, the flavor profile will change.

Chili Ingredients:

Vegetable Stock	2 ½ cups
Olive Oil	
or Unscented Coconut Oil	½ Tbsp
Sweet Onion, small dice	1 cup
Garlic, minced	1 large clove
Carrot, small dice	1 1/2 cup
Celery, small dice	½ cup
Parsley stems, minced	1 Tbsp
Tomato powder	1 ½ tsp
Chili powder	3 Tbsp
Chili flakes	¼ tsp
Cumin, ground	1 ½ tsp
Coriander, ground	½ tsp
Paprika, ground	½ Tbsp
Bay leaf, whole	1
Carob powder	1 tsp
Sun-dried Tomatoes, soaked	
small dice	1/8 cup
Tomatoes, small dice	2 cups
Green Pepper, small dice	1 ¼ cup
Kidney Beans, soaked overnight	1 1/4 cups
Smoked Sea Salt	1 Tbsp
Lemon juice	1 Tbsp
Dulse flakes	1 ½ Tbsp

Chili Cooking Method:

- In a large stock pot heat oil; sweat celery, onion, carrot, parsley stems and garlic.
- Add all spices and sun-dried tomatoes and green pepper. Continue to sweat for one minute.
- Incorporate tomatoes and sweat another minute.
- Add stock, beans and smoked salt and bring to simmer. Continue simmering for 20 minutes.
- Discard the bay leaves.
- To thicken, remove 1-2 cups of chili and pulse in food processor.
- Finish with dulse and lemon juice.
- Garnish with Cashew Polenta, minced cilantro and tomato.

Cashew Polenta

Serves 4

Polenta Ingredients:

Organic, non GMO Cornmeal (Corn grits)	½ cup
Cold Purified Water	2 cups
Celtic Sea Salt	½ teaspoon
Cashew Cheese	recipe makes 1 cup

Cashew Cheese Ingredients:

Cashews, soaked overnight	½ cup
Freshly squeezed lemon juice	1 Tbsp
Miso Paste	1 Tbsp
Nutritional Yeast	1 tsp
Celtic Sea Salt	½ tsp
Purified Water	1/8 cup

Cashew Cheese Method:

- Combine all ingredients in a food processor. Blend to a creamy consistency. Reserve for polenta.

Cashew Polenta Cooking Method:

- In a small sauce pan combine cornmeal, cold water and sea salt. Stir until it comes to a simmer.
- Turn heat to low and simmer gently for 30 minutes.
- Fold in Cashew Cheese; salt to taste.