

Serves 2

Ingredients

VEGAN CHILI

- 1 cup **cooked Black Beans** (can or cooked from dried)
- 1 cup **cooked Kidney Beans** (can or cooked from dried)
- 1 cup **diced Tomatoes** (can or fresh)
- 2 cups **Corn** (fresh, can, or frozen)
- 6 **chopped Sweet Peppers**
- 4 **chopped Celery Stalks**
- 18 **chopped Baby Carrots**
- 2 tbsp **Mustard** (any kind)
- 2 tbsp **Raw Honey**
- **Seasonings (powdered):** Garlic, Onion, Smoked Paprika, Chili Powder, Sea Salt

SWEET NUTTY SAUCE

- 2 cups **Sweet Potatoes** (defrosted from frozen or cubed and cooked)
- 1 cup **Cashews** (soaked preferred)
- 1/4 cup **Nutritional Yeast**
- Add **Seasonings (powdered):** Garlic, Onion, Sea Salt
- 1/4 - 1/2 cup **Warm Water** (add as you go for texture)

GREEN TOPPING

- 2 **diced Avocados**
- 1/2 cup **chopped Green Onion**
- 2 cup **chopped Parsley**
- 6 cups **chopped Arugula**
- 4 cups **chopped Collards**
- 2 tsp **Extra Virgin Olive Oil**

Instructions

VEGAN CHILI

1. Add **Black Beans, Kidney Beans, Tomatoes, and Corn** into a large pot and start on low heat.
2. Chop **Sweet Peppers, Celery Stalks, and Baby Carrots** into small pieces and add to the pot a large pot on low heat.
3. Add **Mustard and Raw Honey** into the large pot on low heat and stir.
4. Add **Seasonings (powdered)**: Garlic, Onion, Smoked Paprika, Chili Powder
5. Leave on low heat while you prepare the rest.

SWEET NUTTY SAUCE

1. Defrost or cook til soft **Sweet Potatoes**
 - a. After add to blender
2. Add **Cashews** to blender
3. Add **Nutritional Yeast** to blender
4. Add **Seasonings (powdered)**: Garlic and Onion
5. Blend together adding warm water as you go for desired texture
6. Leave until ready to serve vegan Chili

GREEN TOPPING

1. Open and dice **Avocados**
 - a. Scoop out and add to a bowl
2. Chop **Green Onion, Parsley, Arugula and Collards** and add to bowl
3. Add **Extra Virgin Olive Oil**
4. Stir bowl contents together and set aside until ready to serve

SERVE

1. Scoop a serving of **Vegan Chili** into a bowl.
2. Pour **Sweet Nutty Sauce** on top of **Vegan Chili**
3. Scoop **Green Topping** over it all

ENJOY! 😊

Recipe made for *Feel Better Eating* with love from *Feel Better Living*

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