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## Classic Vegan Chili

Prep time: 10 mins

Cook time: 40 mins

Serves: 4-6



### Ingredients

- 1 tablespoon olive oil
- 1 yellow onion, diced
- 4 cloves garlic, minced
- 1 pound vegan ground beef\*
- 1 8-ounce can tomato paste
- 2 tablespoons chili powder
- 2 teaspoons ground cumin
- 1 teaspoon sugar
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon salt
- 1/4 teaspoon ground cayenne pepper
- 1 14.5-ounce can diced tomatoes, with juice
- 2 cups vegan beef broth (or vegetable broth)
- 1 15-ounce can kidney beans, drained and rinsed
- 1 15-ounce can pinto beans, drained and rinsed

### Optional

- Vegan sour cream, for topping
- Vegan shredded cheddar cheese, for topping
- Sliced green onions, for topping

1. In a large pot over medium heat, add oil. When hot, add onion. Cook 7–10 minutes, stirring frequently, until lightly browned. Add garlic; cook 1–2 minutes, until fragrant.
2. Add vegan ground beef. Break apart into small pieces with a wooden spoon. Cook 5–7 minutes, until browned all the way through. Add tomato paste, chili powder, cumin, sugar, black pepper, salt, and cayenne pepper; stir. Cook for 1 minute.
3. Add broth, diced tomatoes with juice, kidney beans, and pinto beans; stir. Turn heat to high and bring chili to a boil. Turn heat to low; simmer uncovered for 15 minutes..
4. Top chili with sour cream, cheese, and green onions.

#### Notes

\*Examples of this are Beyond Beef Plant-Based Ground and Impossible Plant-Based Burger Ground. You could also use vegan ground crumbles.