

Homegrown Favourites

We're sharing some of our own personal favourite recipes fresh from the kitchens of RBG staff and volunteers. Bon appétit!



VEGAN
GLUTEN-FREE

Easy Vegan Chili

INGREDIENTS

1 can black beans
1 can chickpeas (or kidney beans)
3-5 cloves garlic
1 large onion
2 Tbsp. olive oil
2-3 stalks of celery, chopped
1 large can diced tomatoes
3 cups water (or veggie broth)
3 Tbsp. chili powder
2 Tbsp. paprika
1 Tbsp. cumin
1 tsp. red chili flakes (optional)
1 cup quinoa
½ cup frozen corn (optional)
½ cup frozen peas (optional)
1 package vegan ground beef
Salt and pepper (to taste)

DIRECTIONS:

1. Drain and rinse the beans in a colander. Set aside.
2. Chop garlic and onion. In a large pot, add olive oil and heat to medium-high. Add the garlic and onions and cook until onions are translucent. Stir frequently.
3. Chop celery and add to pot, along with diced tomatoes, water (or broth), chili powder, paprika, cumin, and red chili flakes.
4. Stir well and bring to a boil on high heat.
5. Once boiling, add the quinoa and simmer for 20 minutes. Stir often to prevent sticking and burning. If it looks too dry, add another ¼-½ cup of water (or broth) as needed.
6. Once the quinoa is fully cooked, turn off the heat. Stir in the rinsed beans and peas and corn.
7. Crumble the vegan ground beef and stir in as well.
8. Allow everything to come up to temperature together. Adjust seasoning with salt and pepper as needed.

From the kitchen of:
Lauren

This recipe was sent to me by a friend who works in nutrition. I've altered it to my personal liking, and you can adjust the veggies and seasonings to yours too! Usually I don't measure the spices, so just keep taste-testing until it's just right!



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