Vegetarian Chili Recipes

Chili is a wonderful way to have some comfort food and warm your belly, but it doesn’t need to be served with beef or turkey. There are some amazing chili recipes that are vegetarian and won’t use any animal ingredients or byproducts. Here are some of the top vegetarian chili recipes to try out.

**Three Bean Chili**

Here is an excellent vegetarian chili that you can try out for your family. It uses three types of beans, including black beans, pinto beans, and kidney beans. All beans should be drained and rinsed since this will help to rinse off any salt that was in the can to keep them fresh. You want to reduce the sodium of your chili as much as possible. The chili will also use some other veggies, including onions and bell peppers. You can also add some corn and squash if you like those veggies. Make sure you add red sauce or salsa, some diced tomatoes, vegetable stock, and seasonings like cayenne pepper and garlic.

**Vegan Chili Recipe**

If your family follows a vegan diet, this is the chili for you! Instead of using meat or meat byproducts, the chili is made thick and hearty with tomatoes, vegetables, and beans. Some good beans for a vegan chili are garbanzo beans, black beans, and kidney beans. To flavor your chili, try salt and pepper, chili powder, cumin, and garlic. Tomato sauce and tomato paste with some crushed tomato will also thicken up your chili and still allow it to be a vegan recipe.

**Quinoa Chili**

When you want to add more protein to your chili without adding meat, quinoa is a great alternative. As opposed to rice, quinoa doesn’t have grains or gluten, so it can be good if you are gluten intolerant. Aside from the quinoa that you add, the rest of the chili can be made with any recipe you like. You might like your chili spicier so you will add different types of hot peppers, or you can go with a classic recipe with cumin and chili powder, along with other seasonings. You can add in beans and veggies of your choosing, using this as a good way to use up whatever leftover veggies are in your kitchen.

Another way to turn your chili into a vegetarian chili is to replace the meat with pumpkin or butternut squash, which will allow you to have a seasonal chili for fall.