

Vegetarian/vegan slow-cooker chili

Ingredients

2 T oil
1 onion (chopped)
4 clv garlic (minced)
1/3 t red pepper flakes
1 T chili powder
1/3 t cumin
1 t oregano
1 cn tomatoes (28 oz. can)
1 T soy sauce
1 1/2 c vegetable broth
1 cn tomato paste (6 oz. can)
2 cn black beans (drained)
2 cn red kidney beans (drained)

Instructions

1. Saut  the onion, garlic and red pepper flakes until the onion is soft, about 3 to 5 minutes. 2. Add the chili powder and cumin and cook for 2 more minutes. 3. Place the onions and the remaining ingredients in the slow cooker, stirring to combine. 4. Cover and cook on low for 6 to 8 hours.