

# Two chilis from Rhymes with Vegan

## Vegan white 'chicken' chili

12 oz. chicken-style smart strips, seitan or extra-firm tofu, cut into half-inch pieces

4 - 15 1/2 oz. cans great northern beans, drained

2 - 10 oz. cans green enchilada sauce, medium spice level

1 quart no-chicken broth

2 large Anaheim chilis, seeded and chopped

2 large cloves of garlic, minced

1/2 yellow onion, chopped

1 onion bouillon cube, crumbled

2 Tbsp. cumin

1 tsp. cayenne

Pepper to taste

2 Tbsp. olive oil

Saute onion and garlic in hot oil. Add chilis; the smart strips, seitan or tofu; and pepper and saute. Add broth, beans, and enchilada sauce, and cover to boil.

Lower heat, cover, and simmer for about one half hour. Add spices and bouillon, cover, and simmer some more. The longer

this dish cooks, the better the flavors meld.

To serve, garnish with vegan sour cream, cilantro, and avocado slice. Homemade tortilla chips add just the crunch needed on the side.

## Mom's red chili

3 Tbsp. olive oil

3 cloves garlic, chopped

1/2 vidalia onion, chopped

1 each, red, yellow, and green pepper, chopped

1 packet chili seasoning

1/2 cup chili powder

2 cans dark kidney beans

1 can light kidney beans

3 cans hot chili beans

1 tsp. cayenne pepper

4 or 5 cups crimini mushrooms, chopped

3 cans stewed tomatoes

1 bag textured vegetable protein (TVP)

Pour the olive oil in a good size stockpot. Add onions and cook on low until onions sweat, or turn

clear. Add garlic and mushrooms and saute.

Add all other ingredients except TVP. Simmer one hour. Ten minutes before chili is ready add TVP. Cooking TVP too long will cause it to toughen. When serving chili add a dollop of vegan sour cream and some green onion. Corn chip scoops are great to use as a spoon for this dish.

Chilis are better the next day as the flavors have time to really blend. Any leftovers are great over a veggie hotdog on a bun with chopped onions and pickle relish. Or freeze leftovers to take for lunches or a quick dinner next month. (Serves 8-10) ■

## Overheard...

...in Seward:

"She asked me, 'What were you before you were gay?'" and I said, 'A zygote.'"

— Woman at the Seward Co-op

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"I don't follow recipes," she said. "I find when I do, the food tastes terrible."

Next stop, television?

The ultimate goal for *Rhymes With Vegan* is to get it on television, Holtgrewe said, adding that she hopes to get more sponsors in the meantime.

Although the ARC has promoted veganism in the past by hosting cooking classes and handing out literature, Cozzetto said they were excited about the show because of its ability to get the message out to so many people via the internet.

"I've been looking at the traffic," Cozzetto said. "She's getting a lot of hits."

With the environmental and health movements jumping on the vegan wagon, Cozzetto said she thinks more people will be experimenting with vegan recipes — even if they still eat meat.


"I've eaten a lot of Meagan's cooking and let me tell you, it's really tasty stuff," she said. Holtgrewe made a vegan artichoke dip for a recent ARC open house that was "just as good as the dip at the Loring Bar people used to rave about." ■

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