



## Easy Vegetarian Oat Chili

(developed by Charlene Wight; 2024 version)

### Ingredients:

125 mL (½ cup) vegetable oil

2 or 3 onions, chopped

Large can (796 mL; 28 oz.) of diced tomatoes (do not drain)

Two small cans (338 mL; 15 oz. each) of corn (do not drain)

Small can (338 mL; 15 oz.) of puréed pumpkin (NOT pie filling)

Large can (540 mL; or 1 ½ x 15 oz. cans) of red kidney beans (do not drain)

250 mL (1 cup) of water

15 mL (1 tbsp) chili powder (or to taste)

5 mL (1 tsp) salt (or to taste)

250 mL (1 cup) oat flakes (certified pure (gluten-free) if required)

### Directions:

1. Fry the onions in the vegetable oil in a large pot until soft.
2. Add the tomatoes, corn, pumpkin, beans, water, chili powder, and salt to the pot.
3. Cover the pot, bring the chili to a boil, and allow it to simmer for 10-15 min, stirring occasionally (add more water if it gets too thick).
4. Add the oats to the chili, but DO NOT stir in.
5. Cover the pot and let simmer for another 5-10 min.
6. Stir in the oats, cover the pot, and let simmer for another 5-10 min, stirring occasionally.
7. Remove from heat and serve, or let cool to refrigerate or freeze for later.

You can adjust the amounts of each ingredient to suit your preferences (or can sizes!). Once the oats are cooked, they will resemble ground beef in texture. The texture of the chili improves as it sits and cools. Be careful not to let the oats settle to the bottom of the pot during cooking or reheating –they WILL burn!

**Make a “chili bar”:** along with the chili, set out bread or rolls, tortilla chips, shredded cheese, guacamole, sour cream, shredded lettuce, hot sauce, etc..