



Longève “Lockdown” Chili

In this time of global uncertainty, one thing is for certain: You will be cooking at home. A lot. And you can rely on your panic-stocked pantry and the satisfying meatiness of Longève Plant Based Protein Crumbles to pull off countless satisfying and delicious recipes. This hearty chili is but one, and it’s a winner. The formula is entirely flexible, yielding great results no matter what your stash of canned beans may look like at this point. Feel free to sub in any veggies you may have on hand. Throw in a handful of frozen corn if you were lucky enough to snag a bag before the store ran out. Sub out the green bell pepper for a poblano if you can find it, or leave it out altogether. It’s all up to you and what you’ve got to work with. Just remember to add more water and simmer a bit longer if you’ve added more veggies that need to get cooked. Cook it down until its thick, rich and surprisingly delicious... which it will be, as long as you don’t skip the “secret” ingredients. They’re far from obscure, so don’t fret, unless you’ve already polished off the peanut butter and used up the cocoa powder in last night’s brownie baking session!? Hopefully you have some variation of cheddar shreds on hand... so go ahead and melt ‘em on top of your steaming bowl. You’ll be glad you did. Add a spoonful of sour cream or a dollop of coconut yogurt and you’ll be in heaven. A few slices of ripe avocado on top may even make you forget that you may have to put your summer travel plans on hold. Oh well, at least there’ll be leftovers!

Makes enough to feed 4 – 6 people, or one in self-isolation for a good couple of days

Ingredients

1/4 cup olive oil	1 small red bell pepper, seeded and diced (about 1 cup)
1.5 cups Plain Longève Crumbles	1 small green bell pepper, seeded and diced (about 1 cup)
1 small onion, diced (about 1 cup)	2 tablespoons garlic, peeled and minced
1 small carrot, peeled and diced (about ½ cup)	1 teaspoon sea salt
1 small rib of celery, diced (about ¼ cup)	

2 ½ teaspoons chili powder	1 can black beans, rinsed and drained
1 teaspoon cocoa powder	¼ cup ketchup
½ teaspoon ground cumin	2 tablespoons peanut butter
1 ½ teaspoon vegetable bouillon powder	1 small can crushed tomatoes (about 1 ¾ cups)
1 can kidney beans, rinsed and drained	2 ½ cups water, or as needed

Method

- Heat 2 tablespoons of the olive oil in a heavy-bottomed pot over medium heat and add the dry Longève crumbles. Cook and stir with a wooden spoon until they begin to toast and turn golden brown.
- Add the remaining 2 tablespoons of olive oil, along with the diced onion, carrot, celery, and peppers (or any combination of vegetables you are using), and cook over medium-high heat, stirring frequently until veggies begin to blister and soften.
- Add the minced garlic, salt, spices, cocoa powder and bouillon powder, and cook for another minute to soften garlic and bloom the spices.
- Add the rinsed and drained beans, ketchup, peanut butter, crushed tomatoes and water. Add additional water if needed to barely cover the contents of the pot. Bring everything to a boil, lower the heat and simmer for 25 – 30 minutes, or until the chili has thickened and tastes rich and delicious. Add more salt if you feel it needs it. Or a dash of hot sauce.
- Serve piping hot, topped with whatever you like or have on hand. Chopped scallions or cilantro are a nice touch.