Jessica Plitt’s Famous Crock Pot Veggie Chili

Ingredients (organic recommended):

- 4-5 cans of your favorite beans (black, pinto, kidney, white beans, etc…)
- 1 14 oz can of tomato sauce
- 2 14 oz cans of diced tomatoes (don't drain)
- 1-2 cups frozen vegetable mix (corn, beans, carrots, edamame, etc…)
- 1 cup rice
- 1/2 cup Quinoa
- 1/3 cup each of 2-3 types of dried lentil, split peas, or farro
- 1 package of smart ground or your preferred meat substitute
- 2-3 cups water
- Seasonings:
  - Chili powder – at least 5 Tablespoons
  - Cumin – about 2-3 Tablespoons
  - Garlic powder – about 1-2 Tablespoons
  - Cinnamon – about 1 Tablespoon or more
  - Ginger powder – about 2 teaspoons
  - Cayenne pepper – 1-3 teaspoons depending on taste or more if you want it spicy
  - Nutmeg about 1-2 teaspoons
  - Salt and Pepper to taste

Directions:

1. Combine all ingredients in an 8 quart crock pot.
2. Mix in seasonings to taste.
3. Cover the ingredients with 2-3 cups water. You need it to cook the rice, quinoa and lentils.
4. Cook on low all day. Stir occasionally if you happen to be home. If you don’t have all day, you will need at least 6 hours in the crock pot.

Adaptations:

- **Stovetop**: Use a very large pot. Cook meat, add seasonings, then add other ingredients. Cook until all lentils and grains are properly cooked.

- **Instapot**: This recipe has not been tried in an instapot, though it would probably work, the suggestion would be to ensure that it’s also an 8 quart instapot.

Shared by: Jessica Plitt