

# Rich Nut & Chickpea Vegetarian Chili

*Tip: For a creamier yogurt topping, spoon the yogurt into a fine-mesh sieve and let it drain while you cook the chili.*

6 oz. (1 cup) raw cashews  
4 tsp. chili powder  
2 tsp. unsweetened cocoa powder  
4 tsp. olive oil  
2 medium onions, chopped  
5 cloves garlic, minced  
1 tsp. sugar  
4 cups small broccoli florets (9 oz.)  
 $\frac{3}{4}$  tsp. salt  
2 $\frac{1}{4}$  cups water  
1 can (28 oz.) crushed tomatoes  
1 can (19 oz.) chickpeas, rinsed and drained  
12 oz. soy- or vegetable-protein crumbles (about 2 cups)



## Garnishes

1 cup low-fat dairy or soy yogurt  
2 tsp. grated lemon zest  
 $\frac{1}{2}$  tsp. coarsely ground pepper  
3 plum tomatoes, chopped  
2 tsp. lemon juice  
 $\frac{1}{3}$  cup minced cilantro

1. In a food processor, combine the cashews, chili powder and cocoa. Pulse the mix until it's the texture of coarse meal. Be careful not to turn it into a paste.
2. In a Dutch oven, heat the oil over medium heat. Add the onions and garlic. Sprinkle with the sugar and cook, stirring, until the onions are softened and begin to turn gold, 5 to 7 minutes.
3. Add the broccoli, salt and  $\frac{1}{4}$  cup of the water. Cover and cook for 2 minutes. Stir in the cashew mixture, remaining 2 cups water and the crushed tomatoes.
4. Bring to a boil over high heat. Reduce to a simmer, cover and cook for 10 minutes. Stir in the chickpeas and soy crumbles, and simmer, uncovered and stirring occasionally, for 10 minutes. Add more chili powder and salt if needed.
5. Meanwhile, in a small bowl, blend the yogurt, lemon zest and pepper. In another bowl, combine the chopped tomatoes, lemon juice and cilantro. Serve the chili topped with the garnishes.

Makes 6 servings

Per serving: 448 calories, 18 g fat, 49 g carbohydrates (13 g fiber), 29 g protein, 895 mg sodium

