



## WALNUT CHILI

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IN A DIFFERENT WORLD I AM KNOWN AS CHILIDAVE, I CAN MAKE SOME CHILI. BY SWITCHING OUT WALNUTS FOR BEEF OR CHICKEN, YOU ARE CUTTING DOWN SATURATED FATS, AND CALORIES AND ADDING FIBER, POLYUNSATURATED FATS, ANTIOXIDANTS AND HEART HEALTHY OMEGA 3 FATTY ACIDS.

I LIKE TO KEEP THE VEGETABLES LARGER DICE FOR A RICHER TEXTURE. ENJOY THIS WALNUT CHILI WITH YOUR FAVORITE CORN BREAD AND HOT SAUCES.

## INGREDIENTS

- 1 large onion, medium dice
- 1 green pepper, medium dice
- 1 red bell pepper medium
- 1 TBSP minced garlic
- 1 cup vegetable broth or water
- 28oz pinto beans, rinsed
- 8oz mushrooms diced
- 1 28oz tomato sauce
- 1 15.5oz Diced tomato
- ¼ cup coffee
- 2 cups of walnut halves.  
Hand crumbled
- 1 tsp each, smoked paprika, chili powder, cumin, chipotle powder.
- Kosher salt to taste, Last

Always salt last to create a saltier taste with less sodium. Add diced celery in the beginning sauté to add a saltier flavor as well.

## INSTRUCTIONS

1. I use a Dutch oven or a heavy large 5-7qt saucepan. Over medium heat sauté, onion, peppers, mushrooms, walnuts and garlic until translucent. Add broth as needed to deglaze pan. (unstuck the veggies)
2. Add beans, spices, tomato sauce and diced tomatoes, coffee
3. Slowly mix and bring to a simmer. Lower heat to low, simmer up to 3 hours, stirring occasionally. Add more broth to desired thickness.
4. Serve and enjoy.

Separate into quart mason jars and store in the refrigerator for up to a week or can it for a longer shelf life. It will taste even better tomorrow.

5. Add more diced onion, diced jalapenos, cashew sour cream, cashew cheese sauce