

Cook up beans of

any kind in mass

quantities to freeze and use

for later.

Soy Chorizo Chili with Rosemary Polenta

This plant-based entree is perfect for chilly days. Garnish with avocado for a vegan option. Add sour cream/Greek yogurt and shredded cheese for a vegetarian meal.

Serves 6-8 (freezes well)

2 tablespoons olive oil

3 medium yellow onions, peeled & chopped

2 tablespoons garlic, chopped

24 oz. Soyrizo (soy chorizo), without casing

4 cups cooked black beans

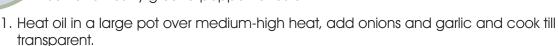
Two 12-oz. cans of diced tomatoes

Two 8-oz. cans of diced, mild green chilis

½ cup fresh cilantro, chopped

2 cups frozen white organic corn

Salt and freshly ground pepper to taste



- 2. Add soyrizo, stirring well, and cook until heated through and soyrizo begins to brown.
- 3. Add remaining ingredients (except for salt & pepper) and bring to a bubbling, boil, stirring while it cooks. Reduce heat to low, mix well, and cover—preferably with a lid that vents steam. Simmer for an hour or more. I cook on a gas stove, and use a diffuser to dissipate the heat so I don't have to worry about the chili sticking to the pot while it simmers. Season with salt and pepper to taste.
- 4. Spoon into bowls over the polenta, garnish with avocado and/or yogurt and cheese.

Rosemary Polenta

I cheat, and cook this in the microwave; it's definitely quicker and easier when there's only one cook in the kitchen! (Stove-top polenta requires constant stirring.) The recipe below is for serving 2, with leftovers. The basic proportion is always: 1 polenta/3 water.

½ cup polenta

1 ½ cups water

1 teaspoon finely ground, dried rosemary (I use a mortar & pestle)

Dash of salt

- 1. Place polenta, water and spices in a deep, microwave-safe bowl. Stir with a fork to mix well. Cook in microwave on high for 10 minutes. Let set for an additional 10 minutes.
- 2. Slice and portion into chili bowls before adding chili.



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