



## 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. Soyrito (soy chorizo), without casing

*Tip:*  
Cook up beans of any kind in mass quantities to freeze and use for later.

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



1. Heat oil in a large pot over medium-high heat, add onions and garlic and cook till transparent.
2. Add soyrito, stirring well, and cook until heated through and soyrito 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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