

RAW VEGAN CHILI

Makes 2 super-large or 3 regular servings

Ingredients

3 to 4 cups no-salt, no-oil sun-dried tomatoes
3 to 4 cups coarsely chopped ripe tomatoes (from 3 to 4 medium tomatoes, stems removed) 1 cup sliced cherry or grape tomatoes, stems removed

1 tablespoon chili powder

2 teaspoons sweet or hot paprika

1/2 teaspoon rubbed sage

1 teaspoon ground cumin

1 to 2 garlic cloves, minced

1 jalapeño chile (if you like it hot!), stem and seeds removed, minced

Dash of ground cayenne pepper (if you like it really hot!)

2 1/4 cups corn kernels (from about 3 ears)

1 cup diced zucchini (from 1 medium zucchini)

1/2 cup diced celery (1 large stalk)

1 cup diced red bell pepper (1 large pepper)

1/2 cup chopped carrot (1 medium carrot)

1/2 cup chopped green onions (white and green parts) (from about 4 green onions)

1/2 cup finely chopped red onion (about 1/2 medium onion)

1/2 cup chopped cilantro leaves (from about 1/2 bunch)

4 basil leaves, chopped

Leaves from 1 sprig fresh thyme

1 cup sliced mushrooms

1 avocado, pitted and peeled, sliced

1. Put the sun-dried tomatoes in a mixing bowl and cover with water. Set aside for 30 to 60 minutes, until the tomatoes are plumped and tender. Drain the tomatoes.
2. Combine the sun-dried tomatoes, chili powder, paprika, sage, and cumin in the blender or food processor and process into a thick paste. With a spatula, scrape the spiced tomato base into a mixing bowl. Mix in the garlic, jalapeño, and cayenne, if using. These are powerhouse ingredients, so use as little or as much as you want, depending on how shy your mouth is feeling.

3. Pile on the corn, zucchini, celery, bell pepper, carrot, green onion, and red onion and mix into the tomato base.
4. Scatter the herbs, mushrooms, and avocado on top. Fold in so that pieces are still bright and visible. Dig in and get spicy!