

A close-up photograph of a white ceramic bowl filled with a hearty chili. The chili contains quinoa, black beans, diced tomatoes, and green bell peppers. The bowl is set on a wooden surface with a striped cloth underneath. A small glass of green sauce is visible in the top left corner.

**Warm Up
This Chili
Season!**

OUTPOST
CO-OP SINCE 1970



Chili Season

A good bowl of chili brings together simple ingredients to create big flavor. Warm up with these hearty and nutritious vegetarian recipes.

Black Bean Chili

Servings: 4 – 6. Prep time: 1 hour, 20 minutes; 15 minutes active.

- 1 cup dried black beans
- 4 cups water
- 2 large carrots, chopped
- 1 medium green pepper, chopped
- 1 15-ounce can diced tomatoes
- $\frac{1}{4}$ cup quinoa
- 1 $\frac{1}{2}$ tablespoons chili powder
- 1 teaspoon salt

1. Sort and rinse the black beans. Place in a large pot with the water and bring to a boil, then cover and cook on medium-low for 45 minutes.
2. Add the carrots, green pepper, canned tomatoes and juices, quinoa, chili powder and salt. Return to a boil, then reduce to medium-low and cover the pot. Cook for 20 minutes, until the beans and vegetables are tender. Uncover and simmer for five minutes to thicken slightly. Serve hot.



Veggie Chili with Beer

Servings: 5. Prep time: 30 minutes; 15 minutes active.

- 2 teaspoons extra virgin olive oil
- 1 medium onion, chopped
- 1 tablespoon chili powder
- ½ teaspoon chipotle powder
- 1 medium yellow bell pepper, chopped
- 1 medium green pepper, chopped
- 1 large carrot, chopped
- 1 cup wheat beer, red ale or lager
- 1 14.5-ounce can fire-roasted tomatoes, pureed
- 1 15-ounce can kidney beans, drained
- 1 teaspoon dried oregano
- ½ teaspoon salt

1. In a large pot, heat the olive oil. Sauté the onion for 5 minutes over medium heat, until soft.
2. Add the chili powder and chipotle and stir until fragrant, then add the peppers, carrot and beer. Raise heat to high and bring to a boil, then cover and reduce to medium-low for 5 minutes.
3. Uncover and add the remaining ingredients, stirring to combine. Simmer for another 5-10 minutes to combine the flavors and thicken the chili.

Adding beer elevates a simple chili to a rave-worthy one ideal for a weekend gathering with friends.



Three Bean Chili

Servings: 6. Prep time: 40 minutes.

- 2 tablespoons canola or vegetable oil
- 1 cup onion, diced
- ½ cup green bell pepper, diced
- 7 ounces vegetarian ground beef
- 1 28-ounce can diced tomato
- 1 15-ounce can kidney beans
- 1 15-ounce can red beans
- 1 15-ounce can pinto beans
- 1 packet chili seasoning

1. In a medium, heavy-bottomed pot, heat the oil over medium heat.
2. Add the diced onions and pepper and sauté on high heat until soft, about 5 minutes.
3. Crumble vegetarian ground beef into the onion mix and brown, as you would with ground beef.
4. When cooked through, add beans and tomatoes, and bring to a boil. Simmer, stirring often, for 30 minutes, or until thick.

Note: If you prefer, substitute ground turkey or beef for the vegetarian meat.

Cornbread flecked with diced jalapeño peppers makes a tasty accompaniment to this hearty chili.

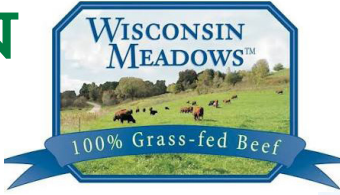
LOCAL VENDOR SPOTLIGHT:

WISCONSIN MEADOWS:

Good For You.
Good For The Land.

When you bring home beef from Wisconsin Meadows, you're supporting a cooperative of Wisconsin family farmers who care deeply about the land, their animals, and the food they produce. Their farms use rotational grazing and regenerative practices that help keep pastures healthy, protect natural resources, and preserve Wisconsin farmland for future generations.

The cooperative is made up of farmers who believe beef simply tastes better when it's raised the right way, with patience, care, and respect for the animals and the land. The result is flavorful, pasture-raised beef with a rich, robust taste and satisfying texture that reflects the quality of the land it comes from. By choosing Wisconsin Meadows, you're not only bringing home great-tasting local beef, you're helping support Wisconsin farm families and a more sustainable food system.



local



OUTPOST
RECIPE
ARCHIVE:

pumpkin
chili



QUICK FACTS

LOCATION:

Elkhorn, WI

DETAILS:

Grass-fed
Pasture-raised
Low-stress handling
Rotational grazing
No GMOs,
pesticides,
antibiotics or
growth hormones



get to know all of
our local vendors!

Grab
+ Go



Ready when
you are.

SANDWICHES WRAPS
SOUP SALAD DIP FRUIT
VEGGIES COFFEE TEA
SMOOTHIE BAKERY
FRESH SQUEEZED JUICE



OCTOBER SOUP MENU

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