



KUOM Wellness Chefs

Celebrity Vegan Chef, Sandi Morais, shares delicious recipes that provide vital nutrients that are essential for our body to maintain a healthy lifestyle.





Welcome To Our **Wellness Chefs** with Vegan Chef Sandi Morais



VEGAN BLACK BEAN CHILI NACHOS

Black beans are a good source of plant-based protein and fiber. The beans are very versatile and can be prepared in many different ways to enjoy the nutritional benefits.

Serves: 2

Prep Time: 10 minutes

Cook Time: 10 minutes

Total Time: 20 Minutes

Ingredients:

Black Bean Chili Recipe

1 can or box or organic black beans
2 tablespoons tomato paste
1 small carrot (diced)
2 garlic clove (chopped)
2 tablespoon olive oil
2 tablespoons sweet onion (chopped)
1/4 teaspoon chili powder
1/2 teaspoon cumin powder
1 small Haas avocado
Sea Salt

Ingredients for Nachos

2 cups green leaf lettuce (chopped)
1 medium tomato (diced)
1/2 cucumber (chopped)
4 cups tortilla chips
1 cup vegan cheese
1/2 cup Kalamata olives
1/4 jalapeno peppers (optional)



Method:

Step 1. Add olive to saucepan. Sauté onion and garlic into olive oil. Add cumin, chili powder and sauté. Add tomato paste and carrots with 1/4 cup of water and sauté for a few minutes.

Step 2. Add black beans to the saucepan and salt to taste. Turn the stove down and cook for 7-10 minutes. If the chili is too thick and a little more water.

Step 3. Add black beans to a plate; Add lettuce, tomatoes, cucumbers, olives and avocado. Add shredded vegan cheese.

Recipe by Sandi Morais, Celebrity Vegan Chef

KUOM Wellness Chefs Journalist

Photo Credit: Vegan Tuneup Cafe

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