



HOME CHEF

Bread Bowl Veggie Chili

With Sweet Potatoes, Cheddar, Zucchini, and Chickpeas



Everybody loves chili, but not the associated four days of leftovers. This meatless, chickpea-studded version of our favorite cozy winter chili is a standalone favorite. And when you pack it into a crustadelic bread bowl and smother it with melty, oozing Cheddar cheese... well, your Tupperware's going to resent you for eating all this delicious dinner.

OVERVIEW



TIME TO PREPARE



EASY RECIPE



MILD



DAYS BEST COOKED BY

NUTRITION

Calories: 691
Carbohydrates: 94g
Fat: 23g
Protein: 29g
Sodium: 1363mg
per serving

DIETARY



NUT-FREE

DRINK PAIRING

Rich, tomato-based stews love lighter, fruit-forward reds (Tempranillo, Pinot Noir). If you prefer beer, go with something dark like a stout or porter.

INGREDIENTS

1 Zucchini
15 oz. Sweet Potato
1 Red Onion
14 oz. Canned Chickpeas
2 Tbsp. Chili Spice Mix
14 oz. Diced Tomatoes,
Canned
2 Tbsp. Tomato Paste
2 Vegetable Base Packets
2 Bread Bowls
2 oz. Sour Cream
1 oz. Cheddar Cheese,
Shredded

WHAT YOU NEED

Olive Oil
Salt
Pepper

EQUIPMENT

Baking Sheet
Medium Pot

DID YOU KNOW?

Our chili spice mix contains 2 parts dark chili powder and 1 part each cumin, smoked paprika, and dried oregano.

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Prepare the Ingredients

Preheat oven to 400 degrees. Prepare a baking sheet with foil. Thoroughly rinse produce and pat dry. Trim **zucchini** ends, halve lengthwise, and cut into ½” cubes. Peel and cut **sweet potato** into ½” cubes. Peel and mince **red onion**. Drain and rinse **chickpeas**.

Start the Chili

In a medium pot, heat 1 tsp. **olive oil** over medium-high heat. Add **red onion** (reserving a pinch for garnish) and **sweet potato**. Cook for 5 minutes, or until vegetables start to brown. Add **chili seasoning** and cook 1 minute until aromatic. *“Blooming” or cooking spices in oil brings out their flavor and aroma.*

Finish the Chili

Add **canned diced tomatoes**, **chickpeas**, 1½ cups **water**, **tomato paste**, and **vegetable base packets** to pot. Bring to a boil, reduce to a simmer, and cook for 10 minutes. Add **zucchini** and cook an additional 2 minutes. Season to taste with a pinch of **salt and pepper**.

Prepare the Bread Bowls

Carefully cut openings into tops of **bread bowls** and use your fingers to pull insides of the round loaf out. *Leave enough inside so the walls are still thick enough to prevent leakage.*

Bake the Bread Bowls

Place **bread bowls** on prepared baking sheet and bake for 5 minutes, or until lightly toasted.

Plate the Dish

Divide **chili** between **bread bowls** and garnish with remaining **red onion**, **sour cream**, and **shredded Cheddar cheese**.