

The Celtic Cantina Chili

A bold Irish–Mexican–Italian fusion chili made easily in a slow cooker, with smoky chipotle, hearty farro, vibrant veggies, and a silky miso–tofu–hemp heart cream.

Ingredients

Chili Base

- 1 medium onion, diced
- 2 celery stalks, diced
- 2 carrots, diced
- 1–2 serrano peppers, finely chopped
- 1 cup roasted corn
- 1 cup roasted red beets, diced
- 2 cups butternut squash, cubed
- 1 can kidney beans, drained and rinsed
- 1 can black beans, drained and rinsed
- 2 tbsp tomato paste
- 1–2 chipotle peppers in adobo, minced
- 1 tsp cumin
- 1 tsp cocoa powder
- 1 can Guinness Zero
- 3–4 cups water
- 1 cup Trader Joe's farro, rinsed
- Salt & pepper to taste

Creamy Fusion Topping

- ½ block tofu
- 1 tbsp white miso
- 1–2 tsp white vinegar
- 2 tbsp hemp hearts
- Pinch of salt

Slow Cooker Instructions

1. Add all chili base ingredients to a slow cooker: onion, celery, carrot, serrano peppers, roasted corn, roasted beets, butternut squash, kidney beans, black beans, tomato paste, chipotle, cumin, cocoa powder, farro, Guinness Zero, and water.
2. Stir well to combine and season with salt and pepper.
3. Cook on LOW for 6–8 hours or HIGH for 3–4 hours, until squash is tender and farro is cooked.
4. For the topping, blend tofu, miso, vinegar, hemp hearts, and a pinch of salt until smooth.
5. Serve bowls of chili with a generous swirl of the creamy fusion topping.