

# **RAW Vegetarian Chili Con Quesco**

**(From Trinity Yoga Raw Food Classes)**

1 portobello mushroom  
½ cup minced celery  
½ cup chopped red onion  
1 red bell pepper, finely chopped  
1 cup almonds, soaked 4-6 hours  
1 cup chopped carrots  
1 ½ cups sun-dried tomatoes, soaked  
2 cups water, fresh or from sun-dried tomatoes soaking liquid  
1 TB olive oil  
¼ cup nama shoyu  
1 clove garlic  
2 TB fresh oregano  
1 TB dry oregano  
2 tsp chilli powder  
1 TB cumin  
1 TB apple cider vinegar  
1 TB agave  
¼ tsp cayenne pepper

Place mushrooms, celery, onion, and bell pepper in a large bowl. Pulse almonds and carrots in food processor until a chunky consistency is achieved; add to bowl. Blend remaining ingredients in Vita-mix until smooth; add to bowl and mix all ingredients until well combined. Store in refrigerator and warm in dehydrator prior to serving (optional). Yield 2 quarts.