Opinion
EarthBeat



This vegan white bean chili features cashew milk and green chiles. (NCR photo/Stephanie Yeagle)



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This recipe is part of a Lent 2025 series where National Catholic Reporter staff will share some of their favorite meatless meals. Sign up for the EarthBeat Reflections email newsletter to receive a recipe in your inbox each Friday of Lent this year.



Whether you are a parent, pet owner or just plain busy, finding time to make a nutritious dinner can be tough. I plan dinners for my family on a weekly basis with just one requirement: The meal must take no more than 30 minutes.

Many people only think about chili during the wintertime, but when you find a version that is this simple and tasty, you will make it year-round. If you want it a little less spicy, omit the cayenne and the second can of green chiles. I love this version from Minimalist Baker.

I like to serve this chili with garlic bread, but you could also try cornbread, biscuits or rolls. Find the instructions at Minimalist Baker.

Vegan white bean chili

Ingredients

- 2 cups water
- 2/3 cup raw cashews
- 2 Tbsp olive oil (or avocado oil)
- 1 cup white or yellow onion, diced
- 4 cloves garlic, minced
- 1 tsp ground cumin
- 3/4-1 tsp sea salt
- 1/4 tsp black pepper
- 1 pinch cayenne
- 2 (4 oz.) cans diced green chiles
- 3 (15 oz.) cans white beans, drained and rinsed
- 1 cup frozen corn (or drained and rinsed canned corn)
- 2 cups baby spinach, baby kale or chopped kale

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This story appears in the **Our Daily Bread** and **Lent 2025** feature series.