



Three Bean Vegetarian Chili

prep time -25 minutes

cook time – 30 minutes

serves 6-82 TBS. veggie oil

1 1/2 cups chopped onions

1 cup chopped red bell pepper

2 TBS. minced garlic

2 – 3 Serrano peppers, stemmed, seeded, and minced

1 medium zucchini, small dice

2 cups fresh or frozen corn kernels

2 TBS. chili powder

1 TBS. ground cumin

1 1/4 tsp. salt

1/4 tsp. cayenne pepper

1 28 oz. can diced tomatoes

Make your life simple and use canned beans

1 can each:

pinto beans

kidney beans

black beans

1 15 oz. can tomato sauce

1 cup vegetable stock

1/4 cup chopped cilantro

sour cream, sliced avocado, chopped green onions, cheddar cheese for garnish In a large heavy pot, heat the oil over medium high heat. Add the onions, bell peppers, garlic, and Serrano peppers, and cook, stirring, until soft, about 3 minutes. Add the zucchini, corn, and cook stirring, until soft and the vegetables give off their liquid and start to brown around the edges, about 6 minutes. Add the chili powder, cumin, salt and cayenne pepper, and cook until fragrant, about 30 seconds. Add the tomatoes, and stir well. Add the beans, tomato sauce, and veggie stock, stir well increase heat and bring to a boil. Reduce heat to medium low and simmer, stirring occasionally, for about 20 minutes.

Remove from heat and stir in chopped cilantro. Adjust the seasoning, to taste.

Ladle into bowl and top with above garnishes.