Vegetarian Chili
Makes 10 servings

Ingredients:
- 2 tablespoons canola oil
- 1 large onion, chopped
- 4 garlic cloves, minced
- 1 medium green bell pepper, chopped
- 1 medium red bell pepper, chopped
- 5 medium carrots, peeled and chopped
- 1 jalapeño pepper (or a hotter pepper), finely chopped (optional)
- 1 tablespoon ground cumin
- 1 28 ounce can diced tomatoes or whole tomatoes with juice, coarsely chopped
- 1 15 ounce can red kidney beans, rinsed and drained
- 1 15 ounce can cannellini beans, rinsed and drained
- 1 15 ounce can black beans, rinsed and drained
- 1 cup low-sodium tomato sauce
- Pepper and chili powder to taste

Directions:
1. In a large saucepan over medium heat, sauté onions & garlic in oil until slightly softened and transparent, about 2 or 3 minutes.
2. Add bell peppers & carrots and cook, stirring about 10 minutes.
3. Add jalapeno pepper and cumin and stir.
4. Add tomatoes, beans, and tomato sauce and bring to a boil.
5. Reduce heat and simmer uncovered, stirring occasionally, until flavors are blended, about 45 minutes.
6. Add more tomato sauce or water as needed.
7. Taste and adjust seasonings.

Source: Broome County Cornell Cooperative Extension

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Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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