Vegetarian Chili

Makes about 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 oz can diced tomatoes or plum tomatoes with juice, coarsely chopped
- 1 16 oz can red kidney beans, rinsed and drained
- 1 16 oz can cannellini beans, rinsed and drained
- 1 16 oz 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 cumin & hot pepper 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: Recipe from Broome County CCE