Vegetarian Chili

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.

Yields about 10 servings

Source: Recipe from Broome County CCE

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

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