

VEGETARIAN CHILI

INGREDIENTS:

- 1 tablespoon oil
- 1 clove garlic
- 1 small green bell pepper, chopped
- 1 celery rib, chopped
- 1 small onion, chopped
- 1 large tomato, chopped
- 1 can whole kernel corn, drained
- 1 can garbanzo beans (chick-peas), rinsed and drained
- 1 can red kidney beans, rinsed and drained
- 1 can pinto beans, rinsed and drained
- 1 teaspoon chili powder
- 1/2 teaspoon ground cumin
- 1 can tomato sauce
- 1 can tomato paste
- Salt and pepper to taste
- 1/2 cup grated cheddar cheese

PREPARATION:

- 1.** Rinse and divide the fresh vegetables. Each chops the veggies into small pieces.
- 2.** In a large skillet, sauté the garlic, bell pepper, celery, and onion in hot oil until they are almost soft.
- 3.** While one is stirring the vegetables in the skillet, the other needs to be opening the cans of corn, beans and sauces. Drain and rinse all the beans.
- 4.** In a large pot, mix together the chopped, cooked vegetables with the chopped tomato, corn and beans, tomato sauce, tomato paste, and spices. If the mixture seems too thick, add another can of tomato sauce. Save some of the chopped onion to use as topping.
- 5.** Cover and cook on the low heat setting about one hour.