

VEGGIE CHILI

Makes 6 servings

INGREDIENTS

Filling

15 oz (1 can) kidney beans, dried and rinsed
15 oz (1 can) black beans, dried and rinsed
15 oz (1 can) pinto beans, dried and rinsed
1 cup frozen corn
1 red bell pepper, diced
1 green bell pepper, diced
1 red onion, diced
28 oz (1 large can) crushed tomatoes
1 cup vegetable broth
5 garlic cloves, minced
1 heaping tbsp chili powder
1 tsp ground cumin
1 tsp ground coriander
1/2 tsp garlic powder
1/4 tsp or less cayenne per
A splash of soy sauce
1/2 tsp salt

Optional toppings: shredded cheddar cheese, green onions, diced tomatoes, yoghurt or sour cream, tortilla chips.

DIRECTIONS

1. Chop garlic, onion, and bell peppers. Sauté over medium high heat in 1-2 tsp olive oil. Wash the beans until all canning liquid is removed.
2. Once the vegetables have sautéed for about 5 minutes, add everything else into the pot. Bring to a boil. Reduce heat and simmer for 30 minutes or longer, as needed.
3. Once the chili is done cooking, you can top it with anything you like (1 tbsp cheese, sour cream, yoghurt, diced tomatoes, green onions, tortilla chips, etc).

