

Vegetarian Chili by Kelly

Don't pass this recipe by! I have served this to many people who insist that chili cannot be made without meat and they've loved it.

2 tsp vegetable oil
1 large onion diced
1 red pepper diced
1 clove garlic minced
3 tbs chili powder – adjust to your taste
1 tsp Italian seasoning
3 cans of your favorite beans – I use black, red and pinto or chick and by 3 cans of mixed beans
15 oz can of tomatoe sauce
1 small can of diced tomatoes
2 cup of vegetable broth

I start by using my nifty little chopper for dicing the onion and garlic and chop the red pepper into small pieces. Put 2 tsp vegetable oil in large pot and add onion, garlic and peppers. Saute for a couple of minutes. Add chili powder, Italian seasoning and stir. Add beans, tomatoe sauce, diced tomatoes and vegetable broth. Simmer for about an hour. At this point I adjust the amount of chili powder. I usually like to simmer more than an hour because we like the chili to be of a thicker consistency.

Serve with a dollop of sour cream or some shredded cheddar. Yummy!