

Vegetarian Chili

Makes 4—1 ½ cup servings

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| 2 large onions cut into 1/4 inch pieces | 1 cup chopped, fresh cilantro (or coriander) |
| 1 green bell pepper cut into 1/4 inch pieces | 1 can (28 ounce) whole tomatoes, low sodium, chopped (or 8 medium fresh) |
| 3 garlic cloves, minced | 2 medium zucchini, chopped |
| 2 fresh, diced jalapeno chilies | 2 medium summer squash, chopped |
| 1 Tablespoon vegetable oil | 2 cups canned kidney beans, drained and rinsed |
| 1 Tablespoon chili powder | |
| 1 Tablespoon ground cumin | |
| ¼ teaspoon pepper | |

1. In a large pot sauté onions, bell pepper, garlic, and jalapenos in oil over medium high heat for about 5 minutes - stirring often.
 2. Add chili powder, cumin, pepper, half of the chopped cilantro and continue cooking for another 3 minutes, stirring occasionally.
 3. Add the tomatoes, zucchini, squash, and bring mixture to a simmer.
 4. Simmer for 15 minutes, stirring occasionally.
 5. Add beans, and continue to simmer for another 5 minutes.
 6. Serve the mixture hot with remaining cilantro on top.
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