

Foods 10  
Magee  
Mrs. Grier

## VEGETARIAN CHILI

Yield: 2 servings

### INGREDIENTS

15 mL	oil
1/4	onion, diced
1-2	cloves of garlic, minced
1/2	carrot + zucchini, diced
1/2	green pepper, diced
1/2	carrot, diced small
15 mL	tomato paste
125 mL	tomato sauce
80 mL	canned tomatoes + juices
60 mL	canned kidney beans
125 mL	canned brown beans
60 mL	black beans
30 mL	corn
125 mL	water
5 mL	sugar, chili powder
2 mL	salt, pepper, parsley, coriander/cumin
5 mL	Worcestershire sauce
60 mL	cheddar cheese



### Method

1. **DICE** the onion, celery, zucchini, carrot and green pepper. Peel and **mince** the garlic.
2. Add the oil to a medium saucepan. **SAUTE** all of the vegetables till they have softened (3 mins).
3. Stir in the tomato paste, tomato sauce, canned tomatoes, kidney beans, black beans, brown beans and corn.
4. Add the water, all the spices the sugar and the Worcestershire sauce. Stir to blend.
5. Bring to a boil and then turn heat to low and simmer for minimum 20 mins stirring occasionally. Hot spices can always be added at this point like cajun spice, cayenne pepper, crushed chilies or hot Indian chili powder.
6. Serve hot with warm buttered cornmeal muffins.