



Vegetarian Chili

Makes 8 Servings

INGREDIENTS:

- 1 tablespoon vegetable oil
- 1 cup chopped onion
- 3 cloves garlic, minced
- $\frac{3}{4}$ cup chopped carrots
- 1 cup chopped green bell pepper
- 1 cup chopped red bell pepper
- $\frac{3}{4}$ cup chopped celery
- 1 tablespoon chili powder
- 1 $\frac{1}{2}$ cups chopped fresh mushrooms
- 1 (28 oz) can whole peeled tomatoes with liquid, chopped
- 1 (19 oz) can kidney beans with liquid
- 1 (11 oz) can whole kernel corn, un-drained
- 1 tablespoon ground cumin
- 1 $\frac{1}{2}$ teaspoons oregano
- 1 $\frac{1}{2}$ teaspoons dried basil



INSTRUCTIONS:

Estimated Total Time: 55 minutes

Heat oil in a large saucepan over medium heat. Sauté onions, carrots and garlic until tender. Stir in green pepper, red pepper, celery and chili powder. Cook until vegetables are tender, about 6 minutes.

Stir in mushrooms and cook for 4 minutes. Stir in tomatoes, kidney beans and corn. Season with cumin, oregano and basil. Bring to boil and reduce heat to medium. Cover and simmer for 20 minutes, stirring occasionally.

NUTRITIONAL INFO: (1 serving)

- Calories: 157
- Carbohydrates: 29.5g
- Fiber: 8.3 g
- Fat: 3 g
 - Saturated Fat 0.4 g
- Cholesterol: 0 mg
- Sodium: 479 mg
- Protein: 6.8g
- Calcium: 10%
- Iron: 30%
- Vitamin C 110%

**** Other Ideas****

Use whatever vegetables you have on hand