

Vegetarian Chili

Sleepy Hollow, Magic Kingdom*

(Don't let the long list of ingredients scare you. It IS a simple recipe.)

Ingredients

¼ c olive oil	½ tsp thyme
¼ c diced red bell pepper	½ tsp oregano (preferably Mexican)
¼ c diced green bell pepper	½ tsp freshly ground black pepper
¼ c diced yellow bell pepper	½ tsp ground cumin
½ c diced celery	½ to 1 tbs chopped jalapeno, to taste
½ c diced onion	2 tbs tomato paste
¼ c diced carrot	1 qt water
1 tbs garlic, minced	
½ c sliced mushrooms	1 tbs cornstarch
1 c fresh or frozen corn kernels	1 15 oz can great northern beans
2 14 oz cans diced tomatoes	1 15 oz can pinto beans
¼ c sliced black olives (2.25 oz can)	1 15 oz can black beans
1 tbs chili powder	1 15 oz can kidney beans
¼ tsp cayenne pepper	cilantro (optional)
	sea salt & freshly ground pepper to taste

Preparation

Heat large stockpot until hot. Add olive oil, then peppers, celery, onions, carrots, mushrooms and garlic. Cook until vegetables are tender. Add corn, tomatoes, olives, tomato paste, seasonings, jalapeno and water. Bring to a boil. Mix cornstarch with a little water and stir into the pot to thicken. Add drained beans to pot. Cook until chili is thoroughly heated. Check flavor and adjust seasonings to taste.

Yields: 4 quarts

A couple notes: Don't worry about being exact when measuring the fresh vegetables. The bell peppers will be about ¼ to ½ of each color depending on size. The onion is usually ½ an onion. The carrot is 1 carrot, etc. I do not drain the tomatoes. Just add juice and all. However, I do drain the black olives. I also drain **and** rinse the beans. I add a generous amount of cilantro – easily ¼ c. or a little more.

I like to serve w/ some shredded cheese and a dollop of plain low-fat yogurt (or sour cream if you prefer) and a squeeze of fresh lime. Good with corn bread...

*This recipe has been edited to the modifications I have made from the original. Feel free to make your own adjustments as well... bon appetite! 😊