

Vegetarian Chili

2 teaspoons olive or canola oil
1 large onion, chopped
1 red bell pepper, chopped
1 green bell pepper, chopped
3 medium size zucchini - halved and sliced
4 cloves garlic, diced
1 - 15 oz. can kidney beans (no added salt), rinsed and drained
1 - 15 oz. can black beans (no added salt), rinsed and drained
1 - 15 oz. can diced tomatoes (no added salt)
1 - 15 oz. can tomato sauce (no added salt)
3 teaspoons chili powder (or more to taste)
1 1/2 teaspoons ground cumin (or more to taste)
1 generous teaspoon ground black pepper
1 teaspoon kosher salt (can add more if desired)

*Please feel free to add anything else you like in your chili - spicier peppers or even some corn.

Optional toppings:

Grated cheddar cheese

Crumbled corn chips

1. Heat oil in large pot
2. Sauté onions and peppers until tender (~ 5 minutes)
3. Add garlic and zucchini and sauté about 5 more minutes
4. Stir in beans, diced tomatoes and tomato sauce
5. Add spices and stir well
6. Simmer ~ 30 minutes - stirring a couple of times
7. Let sit ~ 15 minutes before serving
8. Ladle into large bowls
9. Can serve as is or top with grated cheddar cheese and some crumbled corn chips.