

Vegetarian Chili Recipe

- 1 med. onion chopped
- 3 cloves garlic, chopped
- 2 tablespoons olive oil
- 2 zucchini, grated
- 1 green bell pepper, diced
- 1 yellow bell pepper, diced
- 1 ear of corn or 1 cup frozen
- 8 small tomatoes, cut into 1" cubes or (1) 15 oz. canned chopped tomatoes
- 1 cup chopped Italian parsley
- 1 T. chili powder
- 1 T. cumin powder
- 4 cups cooked kidney, black or pinto beans or drained, canned beans
- 1 1/2 - 2 teaspoons sea salt
- 1 teaspoon dried oregano or 1 T. fresh
- 1 squeezed fresh lemon, optional

Use more chili powder to taste if you like a hotter chili. Sauté onion and garlic in oil until soft about 5 minutes. Add vegetables except for tomatoes and parsley. Sauté another 2 or 3 minutes. Add tomatoes and parsley. Add beans and simmer for 30 minutes.

Serves 6.