

Vegetarian Chili

Makes approx. 8 servings

Ingredients

1 1/4 cups chopped onions
1 diced orange bell pepper
1 diced red bell pepper
3/4 cup chopped celery
1 cup chopped carrots
1 1/2 cups cubed butternut squash
1 clove of garlic (or more if you prefer more)
2 tbsp chili powder
1 1/2 cups chopped mushrooms
1 28 oz can diced tomatoes, undrained
15 oz can black beans
15 oz can chickpeas
15 oz can kidney beans
1 cup frozen corn
3/4 cup water
1 tbsp cumin
1 tsp dried oregano
1 tsp dried basil
Cayenne pepper to taste
Crushed red pepper flakes to taste



Directions

Chop everything you will need so it is ready to go when the time comes to add it.

Place 2 tbsp olive oil in the bottom of a large pot and cook the onions, green pepper, red pepper, celery, carrots, squash, garlic and chili powder for about 6 minutes or until the vegetables are softened.

Rinse the beans.

Add the mushrooms cook for a few more minutes.

Add the remaining ingredients--tomatoes, beans, corn, water, cumin, oregano, basil, cayenne pepper, and red pepper flakes.

Stir everything together and bring it to a boil.

Cover and simmer on medium low heat for 20 minutes.

www.VeggieYogi.com