

A Recipe from the Cooking for Life Program:

Vegetable Chili

Ingredients

- 2 Tablespoons Vegetable Oil
- 2 Onions Chopped
- 2 Cloves Garlic, Chopped
- 2 Carrots, Chopped
- 1 Green or Red Pepper Chopped
- 1 28 oz. Can Crushed or Whole Tomatoes, not drained
- 1 Tablespoon Chili Powder
- 1 Teaspoon Cumin
- 1 ½ Teaspoon hot sauce (optional)
- 2 Cups Frozen or Canned Corn
- 1 15oz Can Black Beans
- 1 15oz Can Kidney Beans



1. In a large saucepan, heat the oil.
2. Add onion, garlic, pepper and carrots.
3. Sauté until tender, about 5 minutes.
4. Add the tomatoes, chili powder and cumin.
5. Simmer uncovered, 10 minutes.
6. Drain and rinse the beans and corn if canned.
7. Add the beans and corn to the tomato mixture.
8. Simmer 12-15 minutes, or longer if desired—the chili will become thicker the longer it cooks.
9. Serve with corn bread, tortillas, or wheat bread.
10. Leftovers freeze well.

Notes:

- *Any kind of beans can be used.
- *If using dry beans soak them overnight then drain
- *Cook beans 1 ½-2 hours until tender, drain then use in recipe
- *One cup of dried beans makes 2-3 cups cooked

Cooking for Life is a collaboration of the Vermont Campaign to End Childhood Hunger and UVM Extension's Expanded Food and Nutrition Education Program.