



VEGETARIAN CHILI

Note: Don't be alarmed by the long ingredient list! Most ingredients are seasonings. This is still a quick and easy recipe.

Ingredients:

- 1 Tablespoon organic canola oil
- 2 medium organic onions, chopped
- 3 large cloves garlic, minced
- 1 organic green bell pepper, chopped
- 1 fresh jalapeno pepper, finely chopped (wear latex-free disposable gloves)
- 1 28-ounce can chopped tomatoes, drained
- 1 15-ounce can organic tomato sauce
- ½ teaspoon ground coriander
- Pinch of ground cloves
- Pinch of ground Allspice
- 2 teaspoons ground oregano
- 2 Tablespoons brown sugar
- 2 Tablespoons chili powder
- 2 Tablespoons ground cumin
- 1 15-ounce can kidney beans, rinsed and drained
- 1 15-ounce can pinto beans, rinsed and drained
- 4 cups cooked brown rice (or cook while chili is cooking)

Directions: In a large pot, heat oil and sauté onions, garlic, green pepper, and jalapeno pepper until tender, about 3 minutes. Add tomatoes and puree, coriander, cloves, allspice, oregano, brown sugar, chili powder, cumin, and beans. Bring chili to a boil, reduce heat, cover pot, and simmer for 30 minutes. Serve chili over rice.

Total servings: 8

Nutrition Analysis **per serving:**

251 Calories, 48 grams Carbohydrates, 10 grams Protein, 4 grams Fat