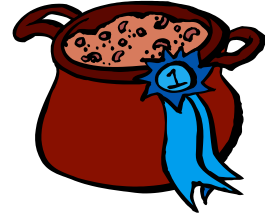


Barb's Vegetarian Chili

- 1 Tbls. olive oil
- 2 medium or 1 large onion, diced
- ½ red and ½ green bell peppers, diced
- 1 stalk celery, diced
- 1 medium to large zucchini, diced
- 1 or 1 ½ cloves minced garlic
- 1 bag veggie crumbles (*Morningstar Farms® Meal Starters™ Grillers® Recipe Crumbles™*) or substitute ground mushrooms or omit
- 1 can (approx 15 oz.) diced tomatoes (with green chilies)
- 1 can (approx 28 oz.) crushed tomatoes
- 1 can (approx 15 oz.) dark red kidney beans, drained & rinsed
- 1 can (approx 15 oz.) light red kidney beans, drained & rinsed
- 1 can (approx 15 oz.) white kidney beans (cannelloni), drained & rinsed
- ½ tsp. crushed red pepper flakes (adjust to taste)
- ½ tsp. cayenne pepper (adjust to taste)
- 2 Tbls. chili powder
- ½ t. ground cumin
- Salt and pepper to taste
- May also add frozen corn, shredded carrot, mushroom slices.*



Cook onion, celery, peppers, and zucchini in olive oil in soup pot on medium heat until onions are translucent. (If adding other vegetables, except corn, sauté them with the onions. If adding corn, put it in just about 5 minutes before serving.)

Add remaining ingredients, cover, and cook approximately 30 minutes, stirring occasionally.

You may omit veggie crumbles if you don't want the meaty feel of more traditional chili. Or, if you wish, you can substitute ground mushrooms for the veggie crumbles. Just put 4 – 8 oz. in your food processor until ground but not mush. Less processing is better than too much here.

Other substitutions could include adding a diced jalapeño pepper. If you do, you may want to get unflavored diced tomatoes. You can adjust any of the spices up or down to taste. You can also add black beans in addition or instead of another variety of bean.

Garnish with low fat cheddar cheese, fat free sour cream or diced scallions.