

Easy Vegetarian Chili Recipe

Ingredients:

- ½ of the large 28oz cans of whole tomatoes and their juice
- ½ can of kidney beans
- 125 ml of frozen corn
- 1 stalk of celery, diced
- ½ red or orange pepper, diced
- ½ carrot, diced
- ¼ of a large onion, diced
- 1 clove of garlic, finely minced
- 7 ml cumin
- 1 ml oregano
- 15 ml chili powder (more will be spicier)
- 1 ml chili flakes – only if you want it spicy! OPTIONAL
- 7 ml oil
- Salt to taste
- Optional toppings: sour cream, cheddar cheese, cilantro, diced avocados or green onion.



Method:

1. Heat oil in a large pot over medium high heat. Add onion and sauté for about 3 minutes. Add garlic and sauté 1 minute more. Add spices and cook stirring for about 30 seconds.
2. Add peppers, carrots and celery and cook for about 5 minutes, or until they just start to soften. Add tomatoes and their juice and bring to a simmer. Once the chili begins to simmer, reduce the heat to medium low. You want the chili to be at a low simmer with the lid off.
3. Continue to cook the chili, stirring occasionally, for 20 minutes. Add beans and corn and let the chili return to a simmer. Cook for 5 more minutes or until the corn and beans have heated through.
4. Generously salt to taste.
5. Serve on its own or topped with one (or all!) of the delicious toppings.
6. Enjoy!