

Vegetarian Chili (makes about 6-8 servings)

Prep time: 20 min Cook time: 1 hour

- 1 small onion, chopped
- 2 garlic cloves minced
- 2 ribs celery diced
- 1 large carrot diced
- 1 zucchini chopped
- 2 bunches or vine ripe tomatoes, chopped
- 2 jalapeno peppers diced
- 1 yellow pepper, chopped
- 1 can kidney beans, rinsed (can used dry)
- 1 cup frozen corn
- 1 cup uncooked quinoa rinsed
- cilantro, chopped
- chili powder to taste
- salt, pepper to taste
- olive oil for cooking

Chop and prepare all ingredients. Make sure that you rinse the canned beans. In a heavy pot, cook onions in some olive oil until translucent. Add carrots, celery, and garlic and cook for about 3-4 minutes. You want to start softening them. Add the tomatoes, jalapeno, pepper and zucchini. Bring the mixture to a boil and then turn down to a simmer. Add chili powder to taste. Most recipes ask for about 1 tablespoon but I find that I need to add about 2 or 3 tablespoons to mine. Add the beans, quinoa, and corn to the pot. Simmer mixture for about 45 minutes. Taste the mixture. Add salt and pepper to taste. Just before serving mix in the cilantro.