

Dinner: Vegetarian Chili
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My kids' favorite is vegetarian chili, which of course could also have chicken or ground beef added. It's super easy and mom friendly.

Minced garlic
1 white onion, chopped
1 red pepper, diced
28 oz ground tomatoes
16 oz kidney beans
16 oz black beans
16 oz frozen corn
1 T chili powder
Cumin to taste

1. Cook onion, garlic, peppers in olive oil until softened
2. Add remainder of ingredients
3. Let simmer for 45 minutes
4. Serve with grated cheese and corn bread or tortillas

*Doubles and freezes well. Serves 6-8