

Common Sense COOKING

Vegetarian Chili

¾ cup extra virgin olive oil
1 medium red pepper, chopped
1 medium green pepper, chopped
1 medium red onion, chopped
2 teaspoons chipotle chili pepper or chili powder
½ teaspoon celery salt
1 –28 oz. can crushed tomatoes
1 –16 oz. can kidney beans, drained and rinsed
1 –16 oz. can black beans, drained and rinsed
Salt for vegetables

Heat the olive oil on medium heat in a large pan on top of the stove. Add the peppers and onions, stir to combine with the oil and cook for about 15 -20 minutes or until the vegetables are translucent. You should occasionally stir the vegetables. You can add some salt to the vegetables for flavoring, if you like. Sprinkle the cooked vegetables with the chipotle chili pepper and celery salt stir to mix in evenly. Add the tomatoes and beans. Stir to combine. Reduce heat to medium low and simmer for at least 45 minutes, stirring occasionally. The chili can also be simmered all day in a crock pot.

Serve with 2/3 –1 cup brown rice.

Makes 6 servings.

Total Calories: 400

Total Calories with 2/3 –1 cup brown rice: 600-700