

## HEARTY VEGETABLE CHILI

Serves: 6 Hungry Tummies

### ingredients

1 medium onion, chopped  
3 carrots, diced  
2 red peppers, or green, chopped  
2 zucchini, or yellow squash, diced  
1 cup frozen organic corn  
4 cloves garlic, finely chopped  
28 oz can of diced tomatoes, or 7 - 8 ripe tomatoes  
3 tablespoons chili powder  
1 ½ tablespoons ground cumin  
½ tablespoon paprika, or smoked paprika  
2 teaspoons oregano  
2, 15-ounce cans red kidney beans (reduced sodium if you can)  
1, 15-ounce can black beans (reduced sodium if you can)  
2 tablespoons tomato paste  
2 - 4 cups veggie broth (depending on your desired thickness)  
1 tablespoon lime juice  
Salt (Note: If you are using canned tomatoes, add to taste. If you are using fresh tomatoes, 1 teaspoon will do)  
½ teaspoon black pepper, or to taste

### suggested toppings

Avocado, sliced  
Cilantro  
Tortilla chips

### directions

Make life easy. Dice and chop all vegetables before you start anything. If you are using fresh tomatoes, cut them in 4's and add them to a food processor. I like them "crushed".

Put a large soup pot on the stove and get it hot! Once hot, add the onion, carrots, and peppers. Stir pretty consistently so the vegetables don't stick. This process will help caramelize the vegetables without any oil. If the vegetables start to stick, add 2 tablespoons of water at a time.

Cook for 8 - 10 minutes. While the above is cooking, chop the zucchini and garlic. Measure your corn.

Then, add the zucchini, corn, and garlic. I add these last because I don't want their moisture to get in the way of the caramelizing above. Cook 3 - 4 minutes until the zucchini is soft.

While the zucchini is cooking, drain and rinse your beans. You'll want to add one can of red beans to a bowl and mash them with a fork or potato masher.

Add the chili powder, cumin, paprika, oregano, salt, and black pepper. Stir and cook for one minute or so.

Now, add your mashed beans, whole beans, and tomatoes to the pot. Stir.

Add your tomato paste, vegetable broth and lime juice.

Bring the pot to a boil. Then let it simmer for 30 minutes.

Serve with cilantro and avocado. My husband likes to add broken tortilla chips.

Enjoy!



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