



Veggie Chili

Cold weather requires a big stewpot of veggie chili simmering on the stove. This recipe makes enough to serve a crowd, so invite a few friends over. Try serving it with cornbread or maybe some tortilla chips for dipping. If you like your chili spicier, add some hot sauce or red pepper flakes.

- 3 Tbs. olive or canola oil
- 1 large yellow onion, chopped
- 1 green pepper, chopped
- 1 red pepper, chopped
- 3 stalks of celery, sliced
- 2 tsp. ground cumin
- 1 tsp. ground oregano
- 1/4 cup cilantro leaves, chopped
- 1/4 cup parsley, chopped
- 1-2 cloves garlic, minced or pressed
- 1 tsp. chili powder
- 1 tsp. salt, or to taste
- Black pepper
- 1/2 tsp. sugar
- 1 28-oz can hot chili beans, drained
- 1 15-oz can kidney beans, drained
- 1 28-oz can chopped tomatoes, undrained
- 1 15-oz can chopped tomatoes, undrained

1. Sauté onion, peppers, and celery until onions are transparent. Cover and simmer on low for another 5-8 minutes, until celery and peppers are slightly tender.
2. Add all herbs, spices, and seasonings; stir well.
3. Add beans and tomatoes; stir well. Simmer on low heat for 20-30 minutes.