



# VEGGIE VEGETARIAN CHILI

## Ingredients

*For 3 persons*

1 tbsp vegetable oil  
3 cloves garlic  
1 chopped onion  
100g chopped carrots  
100g green bell pepper  
100g red bell pepper  
2 tbsp chili powder  
200g chopped fresh mushrooms  
1 can whole peeled tomatoes  
1 can black beans  
1 can kidney beans  
1 can pinto beans  
1 can whole kernel corn  
1 tbsp cumin  
1/2 tbsp dried oregano  
1/2 tbsp dried basil  
1/2 tbsp garlic powder

## Steps

1. Heat the oil in a large pot over medium heat. Cook and stir the garlic, onion, and carrots in the pot until tender. Mix in the green bell pepper and red bell pepper. Season with chili powder. Continue cooking 5 minutes, or until peppers are tender.
2. Mix the mushrooms into the pot. Stir in the tomatoes with liquid, black beans with liquid, kidney beans with liquid, pinto beans with liquid, and corn. Season with cumin, oregano, basil, and garlic powder. Bring to a boil. Reduce heat to medium, cover, and cook 20 minutes, stirring occasionally.