



EASY VEGETARIAN CHILI

Ingredients

For 2 persons

1 tbsp vegetable oil
1 chopped onions
70g chopped carrots
3 cloves garlic
150g chopped green bell pepper
150g chopped red bell pepper
70g chopped celery
1 tbsp chili powder
50g chopped fresh mushrooms
1 can whole peeled tomatoes with liquid,
1 can kidney beans
1 can whole kernel corn
1 tbsp ground cumin
1/2 tsp dried oregano
1/2 tsp dried basil

Steps

- 1.** Heat oil in a large saucepan over medium heat. Saute onions, carrots, and garlic until tender. Stir in green pepper, red pepper, celery, and chili powder. Cook until vegetables are tender, about 6 minutes. Stir in mushrooms, and cook 4 minutes.
- 2.** Stir in tomatoes, kidney beans, and corn. Season with cumin, oregano, and basil. Bring to a boil, and reduce heat to medium. Cover, and simmer for 20 minutes, stirring occasionally.