

Vegetarian Chili

4 servings (makes about 9 cups)

½ cup extra virgin olive oil *
1 medium onion (red or white), chopped
2 cans corn, drained *

Optional spices: You can use all or some of these:
2 teaspoons ground cumin
1 Tablespoon chili powder
2 teaspoons dry oregano

28 oz can crushed tomatoes *
1 can each kidney, black and pinto or cannelloni beans * drained and rinsed (3 cans total)

salt for vegetables

1. heat the olive oil on medium heat in a large pan on top of the stove or in a slow cooker.
2. add the onions, stir to combine with the oil and cook for about 10 minutes or until the onions are translucent. Stir in the drained corn and cook for another 5 minutes. You should occasionally stir the vegetables. You can add some salt and black pepper to the vegetables for flavoring, if you like.
3. sprinkle the cooked vegetables with the spices. Stir to mix in evenly.
4. add the tomatoes and all the beans. Stir to combine. Reduce heat to medium low and simmer for about 45 minutes or longer, stirring occasionally.

Serve over cooked rice (preferably brown rice *) or in a baked potato.

Approximate cost for the recipe: \$6.68 or \$0.74 per serving