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| b97d43_296573239b324bec8d13278f588fd3f7.jpeg ***3-Bean Vegetarian Chili***  *MyPlate2Yours - Lynn Dugan* Serving Size: 6Ingredients 1 tablespoon olive oil  3 cloves garlic, minced  1 small onion, chopped  1 large carrot, small dice  1 large bell pepper, small dice  2 tablespoons chili powder  ½ pound mushrooms, chopped  1-28 ounce can diced tomatoes  1-15 ounce can black beans  1-15 ounce can kidney beans  1-15 ounce can pinto beans  1-8 ounce can whole kernel corn, drained  1-1/2 teaspoon cumin  1-1/2 teaspoon dried oregano  1-1/2 teaspoon dried basil  1/2 teaspoon salt  6 ounce can tomato paste  Fresh cilantro, chopped, for garnish  Heat oil in a large sauce pan over medium heat.  Cook and stir the garlic, onion, and carrots in the pot until tender.  Mix in the bell pepper and mushrooms.  Season with chili powder and cook 5 minutes or until peppers are tender.  Stir in tomatoes with liquid, and three cans of beans with liquid. Add the drained corn.  Season with cumin, oregano, basil and salt.  Bring to a boil. Reduce heat to medium and cover, cook 20 minutes stirring occasionally.  When ready to eat, serve into bowls and garnish with cilantro.  Enjoy! |