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| b97d43_296573239b324bec8d13278f588fd3f7.jpeg***3-Bean Vegetarian Chili****MyPlate2Yours - Lynn Dugan*Serving Size: 6Ingredients1 tablespoon olive oil3 cloves garlic, minced1 small onion, chopped1 large carrot, small dice1 large bell pepper, small dice2 tablespoons chili powder½ pound mushrooms, chopped1-28 ounce can diced tomatoes1-15 ounce can black beans1-15 ounce can kidney beans1-15 ounce can pinto beans1-8 ounce can whole kernel corn, drained1-1/2 teaspoon cumin1-1/2 teaspoon dried oregano1-1/2 teaspoon dried basil1/2 teaspoon salt6 ounce can tomato pasteFresh cilantro, chopped, for garnishHeat 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! |