

Vegetarian Chili

Based on a recipe for Wellness in the Schools by Bill Telepan

Ingredients

- 2 ounces vegetable oil
- 1 onion, diced small
- 1 red pepper, diced small
- 1 green pepper, diced small
- 1 jalapeno, seeds removed and minced
- 4 cloves garlic, minced
- 2 tablespoons chili powder
- 2 tablespoons ground cumin
- 2 teaspoons dried oregano
- 3 ounces tomato paste
- 1 28-ounce can diced tomato
- 3 14-ounce cans of beans, either black, kidney or chickpeas

Preparation

Heat oil in a pot on medium heat, and add onion, peppers and garlic with a pinch of salt. Cook covered for about 10 minutes, stirring occasionally.

Mix in spices and paste. Add tomatoes and a half a can of water and simmer for about 20 minutes until thick.

Add beans and simmer for an additional 5-7 minutes. Serve warm.