

Veggie Chili

Ingredients:

- 1 (11 ounce) can condensed black bean soup (or canned black beans in juice)
- 1 (15 ounce) can kidney beans, drained and rinsed
- 1 (15 ounce) can garbanzo beans, drained and rinsed (can use lentils)
- 1 (16 ounce) can vegetarian baked beans
- 1 (29 ounce) can crushed tomatoes
- 1 can of low sodium fire roasted tomatoes
- 1 (15 ounce) can of whole kernel corn, drained or 2 cups frozen whole kernel corn
- 1 onion, chopped
- 1 green, red, yellow, or orange bell pepper, chopped – I like to use yellow or orange for color
- 2 zucchini, chopped
- 2 stalks celery, chopped
- 2 garlic cloves, chopped
- 1 (4 ounce) can diced chilies
- 1-2 jalapenos, chopped (depending on how much heat you want)
- 1 Tablespoon chili powder
- 2 teaspoons cumin
- 1 Tablespoon dried parsley
- 1 Tablespoon dried oregano
- 1 Tablespoon dried basil
- 1 Tablespoon Cilantro (optional)

Directions:

1. In a saucepan, sauté the onion, bell pepper, zucchini, and celery for about 5 minutes in a little avocado oil or do a wet sauté
2. In a slow cooker, combine black bean soup, kidney beans, garbanzo beans, baked beans, tomatoes, corn, onion, bell pepper, zucchini, jalapeno, chilies and celery.
3. Season with garlic, chili powder, cumin, parsley, oregano, basil (and cilantro, if using)
4. Cook in crockpot for about 6 hours.
5. Serve with corn tortillas, cornbread, or brown rice
6. Enjoy! This freezes well.

I do not always use a crockpot. Sometimes I use a large dutch oven on the stovetop. After I sauté everything, the items in #2 & #3 go right in with it and mix well. Heat to boiling and then simmer until things are done to your taste/tenderness. A couple of hours should do.