



Veggie Chili

2 tablespoons olive oil

1 cup yellow onion, chopped

1 cup carrots, chopped

2 tablespoons fresh garlic, minced

1 tablespoon Italian seasoning

1 tablespoon smoked paprika

1/4 teaspoon black pepper

1/8 teaspoon cayenne pepper, or to taste

Salt (to taste), if desired

2 (28 ounce) cans diced tomato

1 (15 ounce) can black beans, drained & rinsed

1 (15 ounce) can pinto beans, drained & rinsed

1 (15 ounce) can corn, drained & rinsed

Directions

1. Heat oil in a large pot. Add onion, carrot and garlic and sauté for several minutes, until onion is translucent.
2. Add spices and continue to cook for several minutes on low, stirring constantly.
3. Add tomato, beans and corn. Adjust heat to high and bring to a boil, stirring frequently, then reduce heat and simmer for about 45 minutes, stirring occasionally, or until liquid thickens and flavors are well blended.

Serve as is, with a side of tortilla chips, or over pasta or baked potatoes. Top with shredded cheddar cheese (plant- or dairy-based) and/or sour cream (plant- or dairy-based) if desired. Makes about 10 (1 cup) servings.

