

Vegetarian Chili Loaded with Veggies



INGREDIENTS:

½ tablespoon olive oil
3 cloves garlic, minced
1 yellow onion, diced
1 carrot, diced
1 red bell pepper, diced
1 4-oz. can mild green chiles
1 sweet potato, cut into ½-inch cubes
2 ½ tablespoon mild chili powder
1 tablespoon cumin
½ teaspoon oregano
¼ teaspoon garlic powder
¼ teaspoon paprika
¼ teaspoon cayenne
¼ teaspoon salt
sprinkle of black pepper
1 28-oz. can crushed tomatoes
¾ cup vegetarian broth or water
1 15-oz. can black beans, rinsed and drained
1 15-oz. can kidney beans, rinsed and drained
1 cup sweet corn (fresh or frozen)
optional garnishes, such as cilantro and Greek yogurt

INSTRUCTIONS:

1. Heat oil in a large pot over medium heat. Add garlic, onion, carrot, bell pepper, sweet potato, and chiles. Sauté for about 6 minutes, stirring often.
2. Add the spices and stir for just 30 seconds.
3. Add the rest of the ingredients (except the garnishes). Bring to a boil, then reduce heat and simmer for about 40 minutes.
4. Enjoy!

