

VEGGIE CHILI

Prep Time: 10 mins

Cooking Time: 30 mins

Servings: 4+



INGREDIENTS

- 1 onion, diced
- 1 green pepper, deseeded and diced
- 1 red pepper, deseeded and diced
- 2 garlic cloves, minced
- 15 oz can black beans
- 15 oz can kidney beans
- 28 oz whole tomatoes
- 1 ear corn, removed from cob
- 1 tablespoon chili powder*
- 1 1/2 teaspoon dried oregano*
- 1 1/2 teaspoon ground cumin*
- 1/2 teaspoon cayenne*
- 1 tablespoon salt*
- 1/2 teaspoon black pepper*

**ingredients that are not provided by the Good Food Bus*

INSTRUCTIONS

1. **Prepare the vegetables** : Dice the onion and peppers into small, bite sized pieces. Remove husk and cut the kernels off of the cob by propping it upright and running a knife from top to bottom. Sit all aside.
2. **Sauté Onions and Peppers** : Heat a large pot over medium-high heat for a minute or two. Add a splash of olive oil and toss in onions and peppers and cook for 5-6 minutes, stirring often, until onions are translucent and starting to brown.
3. **Cook Garlic** : Peel garlic and mince. When the onions are done, toss in minced garlic. Cook garlic for 1-2 minutes, stirring continuously to incorporate into the onions and to prevent the garlic from burning.
4. **Add Water** : Pour in 1 cup of water and stir into vegetables.
5. **Drain and Rinse Beans** : Open the cans of beans, drain, and rinse in a strainer. Sit aside.
6. **Add remaining Ingredients** : Add in the corn, drained beans, tomatoes, and spices. Add another ½ cup of water. (*Helpful Hint : If you want thinner chili, just add more water.*)
7. **Simmer** : Cover the pot and simmer on low heat for 20-30 minutes to incorporate all the flavors.

> Great served with a dollop of sour cream, a sprinkle of cheese, or an avocado wedge.

> Chili keeps well in the freezer, so feel free to freeze any leftovers you won't eat in the next few days!

FOR THE EXTENDED RECIPE, MEAL PHOTOS, AND HELPFUL HINTS—GO TO...



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