

Vegetarian Chili

Phebe Meyer (Basic recipe found in the Southern Dutchess News)

2 Tbsp. vegetable or olive oil
1 lg. onion, chopped (about 1 cup)
1 sm. green pepper, chopped (1/2 cup)
1 sm. carrot sliced thin
2-4 zucchini and or summer squash
2 garlic cloves (or 1/2 tsp garlic powder)
1 Tbsp. chili powder
1/2 tsp. ground cumin
2 1/2 cups V8 100% Vegetable juice (you can use light)
1 can (about 16 oz) black or kidney beans, drained
1 can pinto beans, drained
Shredded Cheddar cheese

In large saucepan over medium heat, heat oil. Add onion, pepper garlic, chili powder and cumin. Cook until tender

Add vegetable juice. Heat to a boil. Reduce heat to low. Cook 5 minutes.

Add black beans and heat through*. Mash slightly with a potato masher to break up some of the beans and vegetables. Add pinto beans and heat through. Garnish with shredded Cheddar cheese if desired.

Serves 4

*This is a good way to use up leftover vegetables. Just add with beans, or with the V8 juice. (V8 is key to the taste of the Chili.) My chili has different things in it each time I make it.