



Vegetarian Chili

By Karen Murphy

Prep Time: 5-10 min Cook Time: roughly 1 hour

Yields: 7 cups

Ingredients

1 15oz can Black Beans

1 15oz can Kidney Beans

1 15oz can Chili Beans

1 14.5oz can Diced Tomatoes

1 12oz package Light Life Smart Ground –Mexican style (reg. style is OK-just add more seasoning)

½ Can water

½ tsp finely chopped jalapeno (about ½ of medium jalapeno)

2T Chili Powder Blend

1T Cumin

½ tsp Salt (more to taste if needed)

Extras for topping: Sour cream; shredded cheese, onions, chopped jalapenos

Extras for serving: Corn chips and/or small bread bowls-take small bread rolls and scoop out center.

Tools

Large pot

Skillet

Spoon

Directions

Cook the Smart Ground according to the packages instructions. Once Ground is browned add to large pot on low heat. Add all three cans of beans, tomatoes, water, and all spices and seasonings.

Let chili simmer on low heat stirring occasionally for about an hour.

If you like your chili spicier, add more jalapeno or cayenne pepper.

Scoop chili into bowls and have your guests add the toppings they want. Enjoy!