

Vegetable Chili

Group 1 Ingredients:

- ¼ cup olive oil
- 1 ½ cups sliced celery (4 stalks)
- 1 ½ cups sliced carrots OR sweet potatoes, diced
- 1 ½ cups diced zucchini
- 1 cup chopped cooking onions
- 1 red pepper, chopped
- 1 green pepper, chopped
- 3 cloves minced garlic
- 1 ½ cups button mushrooms (optional)

Group 2 Ingredients:

- 2 28 oz. tins canned plum tomatoes in juice, chopped, reserving juice
- 1-2 tbsps chili powder (to taste)
- 1 tbsp dried basil
- 1 tbsp dried oregano
- 1 tsp salt
- 1 tsp pepper

Group 3 Ingredients:

- ½ cup fresh parsley, chopped
- ½ cup fresh dill, chopped
- 2 19 oz. tins black beans, rinsed and drained
- 1 lb. Extra firm tofu, squeezed and cut into dice-sized cubes

Directions: In a large stock pot, heat the oil on medium heat. Add ingredients from group #1, starting with onions and garlic. Saute until transparent. Add carrots and celery, steam with lid on for about 3 minutes before adding softer veggies. Stir in group #2 ingredients. Simmer on med-low, covered, to blend flavours for 10 minutes or so. Add group #3 ingredients last, cooking for another 10 minutes. Taste and adjust seasonings as desired.

Enjoy this on a bed of brown rice or a sweet potato!

Optional toppings: grated cheddar cheese, minced green onion.

Freezes well in empty yogurt containers.

For more nutritious recipes, please email: andrea@expandyourdiet.ca

