



Operation Threshold WIC Recipe of the Month

November 2011

Vegetarian Chili

Yield: 8 1-cup servings

$\frac{3}{4}$ cup chopped onion
2-3 cloves garlic, minced
2 Tablespoons olive oil or vegetable oil
2 Tablespoons chili powder
 $\frac{1}{4}$ teaspoon dried basil
 $\frac{1}{4}$ teaspoon dried oregano
 $\frac{1}{4}$ teaspoon cumin
2 cups diced zucchini
1 cup finely chopped carrot
1 large can (28 oz) diced tomatoes +
1 small can (14.5 oz) diced tomatoes
1 can (15 oz) chili beans, *undrained*
2 cans (15 oz each) kidney beans (or black beans),
drained and rinsed

1. Heat oil in a large pot over medium heat. Sauté onion and garlic until soft, about 5 minutes.
2. Add chili powder, basil, oregano, and cumin.
3. Stir in zucchini and carrots until well blended. Cook for about 1 minute over medium-low heat, stirring occasionally.
4. Stir in chopped tomatoes, undrained kidney beans and drained kidney (or black) beans.
5. Bring to a boil. Reduce heat and simmer 30-45 minutes or until thick.

Serve with shredded cheese, shredded lettuce, or chopped onions for garnish if desired.

Source: Family Recipe

