

Ferraro's Cucina

Vegetarian Chili

Ingredients

- ½ tbsp **Olive Oil**
 - 3 cloves **Garlic** (minced)
 - 1 **Yellow Onion** (chopped)
 - 1 large **Carrot** (diced)
 - 1 **Red Bell Pepper** (diced)
 - 1 (4 ounce) can **Mild Green Chiles**
 - 1 medium to large **Sweet Potato** (peeled and cut into ½ inch cubes)
 - 2 1/2 tbsp **Mild Chili Powder**
 - 1 tbsp **Cumin**
 - ½ tsp **Dried Oregano**
 - ¼ tsp **Garlic Powder**
 - ¼ tsp **Paprika**
 - ¼ tsp **Cayenne Pepper**
 - ¼ tsp **Salt**
 - Freshly ground **Black Pepper**
 - 1 (28 ounce) can **Crushed Tomatoes** (fire-roasted is great)
 - ¾ cup **Vegetable Broth** (or water)
 - 1 (15 ounce) can **Black Beans** (rinsed and drained)
 - 1 (15 ounce) can **Kidney Beans** (rinsed and drained)
 - 1 cup frozen **Sweet Corn**
- CHILI GARNISH**
- Tortilla Chips, Lime Wedges**
 - Cheese, Avocado**
 - Cilantro**
 - Sour Cream/Greek Yogurt**



Preparation

- Place oil in a large pot and heat over medium high heat.
- Add in garlic, onion, diced carrot, red bell pepper, cubed sweet potatoes and green chiles.
- Saute for 5 - 7 minutes, stirring frequently.
- Next add in chili powder, cumin, oregano, garlic powder, paprika, cayenne pepper, salt and black pepper; stir for about 30 seconds.
- Add in crushed tomatoes, broth (or water), black beans, kidney beans and corn. Bring to a boil, then reduce heat and simmer for 30 - 45 minutes or until chili thickens and flavours come together. Taste and adjust seasonings and salt as necessary.
- Garnish with anything you'd like.
- Makes 6 servings, about 1 1/2 cups each.

