

## VEGETARIAN CHILI

Made with the finest ingredients I could drag back to my cabin. My vegetarian chili can serve numerous guests, good for any get together. Also, one can substitute a portion of the beans with ground meat if desired...

### INGREDIENTS:

- 4 jalapeños diced with seeds removed (leave seeds for hot chili)
- 2 chopped red bell pepper
- 2 onions chopped
- 6 garlic cloves chopped
- 4 fresh tomatoes diced
- 2 cups chopped carrots
- 24 oz. frozen organic corn (around 2 bags)
- 8-12 oz. tomato paste concentrated (or 1 tube of paste)
- 2 cans pinto beans, (drained & rinsed)
- 2 cans kidney beans, (drained & rinsed)
- 2 cans black beans, (drained & rinsed)
- 6 cups of water

### CHILI MIX INGREDIENTS:

- 4 tbsp chili powder
- 4 tbsp apple cider vinegar (or plain vinegar)
- 4 tsp worcestershire sauce
- 1 ounce grated unsweetened chocolate
- 4 tsp minced garlic
- 2 tsp ground cinnamon
- 4 tsp ground cumin
- 1 tsp cayenne pepper
- 1/2 tsp ground allspice

### INSTRUCTIONS:

Saute in butter (or substitute) the jalapeños, bell peppers, garlic, fresh Tomatoes, corn, onions and carrots, and then add 1/2 of the chili mix and approximately 4 cups of water to steam the ingredients until carrots are soft. After boiling 45 minutes or so, and the carrots are finally soft then add the beans, tomato paste, and the other 1/2 of the chili mix plus 2 cups of water. Bring back to a boil for approximately 15 minutes then simmer for another 15 minutes let cool then serve.

SUGGESTION: Serve with crackers and/or cheese, pepper to taste)

(Makes 14 servings of 1 cup bowls)