

Vegetable Chilli

Ingredients:

1 ¼ cups chopped onion
6-8 cups diced vegetables (carrots, zucchini, mushrooms, capsicum, potatoes, celery,)
3 cloves garlic
1/8 tsp chilli powder (more if you like it spicier)
1 Tbsp cumin
2 tins of chopped tomatoes
1 tin black beans drained and rinsed
1 tin of chick peas drained and rinsed
1-2 cups kernel corn (can be tinned, frozen or fresh, blanch first if fresh)
1 ½ tsp **each** dried oregano and dried basil
Salt and pepper to taste

Method:

Add approx. 2 Tbsp olive oil to large saucepan. Turn heat to medium high and add diced veggies, garlic, chilli powder and cumin. Sauté for about 5 minutes.

Add all remaining ingredients. Bring to a boil. Reduce heat, cover and simmer for 20 minutes stirring occasionally.

To make this a meaty chilli, fry ground beef in a separate fry pan until fully cooked (no longer pink) and add to your chilli while it is simmering.