

Veggie And Black Bean Chili

Ingredients:

- Yellow Onion (chopped), 1 1/2 cups
- Bell Peppers (chopped), 1 cup
- Corn (frozen), 2 cups
- Black Beans (cooked), 3 cups
- Garlic Clove (minced), 2 tbsp
- Mild Chili Powder, 2 tbsp
- Cummin, 1 tbsp
- Cayenne Pepper, 1/4 tsp
- Serrano Pepper (seeded, minced), 3
- Zucchanni (diced), 1
- Musshrooms (sliced), 1 1/2 lbs
- Vine Tomatos (cleaned, chopped), 4
- Veg Stock, 1 cup
- Tomato Puree, 1 29oz can

Directions:

1. Cook peppers onions and garlic until onions are translucent
2. Add zuke, corn mushrooms and cook till mushrooms are soft
3. Add all seasoning and mix thoroughly
4. Add tomatos, beans, stock, tomato puree and bring to a boil
5. Reduce heat to a simmer for about 20m
6. Serve w/ Brown Rice and cilantro

Yield:

Serving Size: 2 cups

Carbs:

Shelf Life: 5 Days