



Annette Chan <annettechan8@gmail.com>

Veggie chili

Carlton Chan <cdc.gobears@gmail.com>

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To: Annette Chan <annettechan8@gmail.com>

1 1/2 cup vegetable broth
1 whole onion
3 cloves garlic diced
Use full cans of beans (kidney and black)
1 can corn
1 can fire roasted tomatoes diced
1 cup lentil
4 oz diced green chili
2 T chili powder
1 T ground cumin
1/2 tsp smoked paprika
1 tap salt
1/2 tsp pepper

Saute garlic
Add all ingredients
Set pot for 16 minutes
Wait 10 minutes and release steam