

Basic Veggie Chili

Serves 4-6

INGREDIENTS

- 2 Tbsp canola or olive oil
- 2 small onions, diced
- 2 cloves garlic, minced
- 2 tsp dried oregano
- 2 Tbsp ground chili powder
- 2 cups peeled, seeded and diced tomatoes
- 2 cups canned black, kidney or cannellini beans, rinsed well under cold water
- 1 cup fresh corn kernels (if fresh isn't available, frozen is preferred)
- 2 tsp salt
- 1 tsp freshly ground black pepper
- 1 Tbsp balsamic vinegar
- 1/2 cup chopped fresh cilantro
- Optional: Sour cream and chopped scallion for garnish

PROCEDURE

1. In large saucepan, heat the oil.
2. Add onions and sauté for 3-4 minutes.
3. Add garlic, oregano and chili powder and cook for 2-3 more minutes.
4. Add chopped tomatoes, beans, corn, salt, pepper and vinegar and cook for 12-15 minutes. If too thick add 1/4 cup water.
5. Taste for seasoning and adjust salt, if necessary.
6. Add chopped cilantro and top with a small amount of sour cream and chopped scallions, if desired.

NOTE: Chili can be made ahead and refrigerated up to 3 days. Chili may also be frozen in an airtight container for up to 2 months.