

Veggie Chili

(serves 12 Prep 15 minutes, Cook 90 minutes)

Ingredients

- 2 Tablespoons Olive Oil
- 4 cloves Garlic, Minced
- 1 whole Large Onion, Diced
- 1 whole Red Bell Pepper, Seeded And Diced
- 1 whole Yellow Bell Pepper, Seeded And Diced
- 1 whole Green Bell Pepper, Seeded And Diced
- 2 whole Carrots, Peeled And Diced
- 2 stalks Celery, Diced
- 1 whole Jalapeno, Seeded And Finely Diced
- 3 cups Vegetable Broth (can Sub Chicken Or Beef Broth If You Prefer)
- 1 can (12 To 14 Ounces) Plain Tomato Sauce
- 1 can (10 Ounce) Ro-tel (diced Tomatoes And Chiles)
- 1/2 teaspoon Salt, More To Taste
- 1 teaspoon Ground Oregano
- 1 Tablespoon Ground Cumin
- 2 Tablespoons Chili Powder (more To Taste)
- 1 can (14 Ounces) Kidney Beans, Drained And Rinsed
- 1 can (14-ounce) Pinto Beans, Drained And Rinsed
- 1 can Garbanzo Beans, Drained And Rinsed
- 1 can Black Beans, Drained And Rinsed
- 1 whole Large Zucchini (or 2 Medium Zucchini), Diced
- 1/4 cup Masa (corn Flour) Or Regular Cornmeal with ½ cup warm water (optional to thicken and sweetness)
- Cotija Cheese, For Serving (optional)
- Pico De Gallo, For Serving (optional)
- Cilantro Leaves, For Serving (optional)

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•Preparation

In a large pot, heat the oil over medium heat. Add the garlic, onion, 3 colors of bell pepper, carrots, celery, and jalapeno, then cook for about 5 minutes, stirring occasionally, until starting to soften. Add the oregano, cumin, chili powder, and salt. Stir and cook for a few more minutes.

Pour in the broth, tomato sauce, and Ro-tel. Stir, bring to a boil, then reduce the heat to low, cover, and simmer for 30 minutes. Add the beans and zucchini, stir, then cover and simmer for 30 more minutes.

Mix the masa with the warm water and stir it into the pot. Simmer for 15 more minutes. Taste and adjust seasonings. Serve with Cotija cheese, pico de gallo, and cilantro as toppings

•Variations

- Add 2 tablespoons tomato paste for a richer tomato flavor.
- Substitute 1 cup of the stock with a bottle of Mexican beer.
- Add chopped mushrooms, diced butternut squash, parsnips, or any vegetable you'd like.
- Top with a big spoonful of pico de gallo or chopped tomatoes.
- Top with a dollop of sour cream.
- Top with grated sharp cheddar.

•Serve with corn or flour tortillas, over baked potatoes,

- On top of a plate of cheese nachos
- Inside crisp taco shells with cheese, lettuce, and tomatoes

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