

## Vegetarian Chili

I created this chili recipe for the recent “Go Red for Women” Luncheon in February sponsored by CHI St. Joseph’s Health Auxiliary as a heart-healthy alternative to other soups or chilies. I adapted a recipe that my sister and I created years ago for family and Super Bowl parties. We also have entered chili cook-offs with the meat version. This version is a great go-to recipe for Lenten Fridays or Meatless Mondays. I usually use a Crockpot for this recipe but a large pot would work, simmered on low for a while. This is SO easy—just dump in contents of cans and let it cook!

- 5 1 lb. cans of Diced Tomatoes
- 1 8 oz can Tomato Sauce
- 1 10 oz can Rotel ( Tomatoes and green Chilies)
- 1 4 oz can diced Green Chilies
- 1 large or two smaller Diced Onion
- 1 can Chili Beans with sauce
- 1 can drained and rinsed Kidney Beans
- 1 can drained and rinsed Black Beans
- 1 can drained and rinsed Chick Peas ( Garbanzos)
- 1 can drained and rinsed Pinto Beans
- 1 can drained and rinsed White Beans
- 1 package of Chili Seasoning, mild or medium
- 1/3 package Taco Seasoning
- 1-1 1/2 teaspoons Chili Powder
- 1 Tables. dried Oregano
- 1 Tables. dried Cilantro

Place all ingredients in Crockpot. Stir. Cook 8-10 hours. Makes 15-16 cups of Chili.

Meat Version: Brown 1 1/2 lbs. Ground Beef. Season with Salt and Pepper to taste and place in the bottom of the pot. Top with the rest of ingredients and stir. Cook the same way.