



Natural Foods Market

A COMMUNITY COOPERATIVE SINCE 1973

Garden Vegetable Chili

From *Record Eagle*

Serves 4

- 1 tablespoon extra virgin olive oil
- 1 large onion, chopped medium
- 2 large carrots, diced
- 1 small red pepper, diced
- 1 green pepper, diced
- ½ cup celery, diced
- 2 garlic cloves, minced
- 1 jalapeno, seeded and minced
- 2 small zucchini, diced
- 2 large tomatoes, chopped
- 2 cups frozen or fresh corn
- 1 can black beans, rinsed and drained
- 2 cups water
- 1 6-oz can tomato paste
- 3 tablespoons chili powder
- 1 teaspoon dried oregano
- 1 teaspoon cumin
- 1 teaspoon sugar
- Sea salt to taste

Heat olive oil in a large soup pot over medium heat. Add onion, carrot, peppers, celery, garlic, and jalapeno. Cook about 10 minutes until vegetables are softened. Add zucchini, tomatoes, corn, beans, water, tomato paste, chili powder, oregano, cumin, and sugar and stir well. Bring to a boil, lower heat and simmer about 30 minutes, adding more water for desired consistency. Add salt to taste.