Mix It Up! with Gina

Gina's Recipe of the Week

Vegetarian Chili

For a health conscious alternative to traditional chili, try my recipe for Vegetarian Chili. It contains beans, which are rich in dietary fiber, and plenty of fresh vegetables. Make twice the amount of chili by doubling the ingredients and then freezing it in individual containers to serve in the future. I like to top my chili off with a spoonful of plain Greek yogurt and some shredded cheese for a hearty and delicious meal. Enjoy! –Gina

Prep Time: 20 mins | Ready in: 35 mins | Servings: 6-8

Mix It Up...

In a large heavy pot, heat the oil over medium high heat. Add the chopped yellow onion, chopped bell pepper, 2 cloves of minced garlic and minced jalapeño pepper. Stir and cook for about 3 minutes, until the vegetables are soft. Add the diced zucchini and 1 cup of corn. Cook until soft and the vegetables start to brown around the edges.

Add 2 tablespoons of chili powder, 1 tablespoon of cumin, 1 teaspoon of salt and ¼ teaspoon of cayenne. Stir well. Add 4 chopped plum tomatoes and ¼ cup of chopped cilantro. Stir well. Add 3 cups of beans, 1 can of tomato paste and 1 cup of vegetable stock. Stir well and bring to boil. Reduce the heat to medium low and simmer for 20 minutes. Remove from heat.

Ladle chili into bowl and top with spoonful of yogurt and shredded cheddar.

Ingredients

- [ ] 2 Tablespoons Olive Oil
- [ ] 1 Small Yellow Onion, chopped
- [ ] 1 Red Bell Pepper, chopped
- [ ] 2 Cloves Garlic, minced
- [ ] 1 Medium Jalapeño, seeded and minced
- [ ] 2 Medium Zucchini, cut into small dice
- [ ] 1 Cup Fresh or Frozen Corn Kernels
- [ ] 2 Tablespoons Chili Powder
- [ ] 1 Tablespoon Ground Cumin
- [ ] 1 Teaspoon Salt
- [ ] ¼ Teaspoon Cayenne
- [ ] 4 Plum Tomatoes, peeled and chopped
- [ ] 3 Cups Cooked or Canned Red Kidney or Pink Beans, rinsed and drained
- [ ] (1) 6 oz. Can Tomato Paste
- [ ] 1 Cup Vegetable Stock
- [ ] ¼ Cup Chopped Fresh Cilantro
- [ ] Plain Yogurt and Shredded Cheddar for garnish

Stop by Foodtown to pick up all of your ingredients to make this delicious dish!

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