

Ferraro's Cucina

Vegetarian Chili

Ingredients



Preparation

- 1/2 tbsp **Olive Oil**
- 3 cloves **Garlic** (minced)
- 1 **Yellow Onion** (chopped)
- 1 large **Carrot** (diced)
- 1 **Red Bell Pepper** (diced)
- 1 (4 ounce) can **Mild Green Chiles**
- 1 medium to large **Sweet Potato** (peeled and cut into 1/2 inch cubes)
- 2 1/2 tbsp **Mild Chili Powder**
- 1 tbsp **Cumin**
- 1/2 tsp **Dried Oregano**
- 1/4 tsp **Garlic Powder**
- 1/4 tsp **Paprika**
- 1/4 tsp **Cayenne Pepper**
- 1/4 tsp **Salt**
- Freshly ground **Black Pepper**
- 1 (28 ounce) can **Crushed Tomatoes** (fire-roasted is great)
- 3/4 cup **Vegetable Broth** (or water)
- 1 (15 ounce) can **Black Beans** (rinsed and drained)
- 1 (15 ounce) can **Kidney Beans** (rinsed and drained)
- 1 cup frozen **Sweet Corn**

CHILI GARNISH

- Tortilla Chips, Lime Wedges**
- Cheese, Avocado**
- Cilantro**
- Sour Cream/Greek Yogurt**

- Place oil in a large pot and heat over medium high heat.
- Add in garlic, onion, diced carrot, red bell pepper, cubed sweet potatoes and green chiles.
- Saute for 5 - 7 minutes, stirring frequently.
- Next add in chili powder, cumin, oregano, garlic powder, paprika, cayenne pepper, salt and black pepper; stir for about 30 seconds.
- Add in crushed tomatoes, broth (or water), black beans, kidney beans and corn. Bring to a boil, then reduce heat and simmer for 30 - 45 minutes or until chili thickens and flavours come together. Taste and adjust seasonings and salt as necessary.
- Garnish with anything you'd like.
- Makes 6 servings, about 1 1/2 cups each.

