

Meals from Your Market



Vegetarian Chili

Ingredients

- 1 yellow onion chopped
- 2 garlic cloves, finely chopped
- Vegetable oil/ or olive oil
- 1 green and 1 red pepper, chopped in large pieces
- 3 medium carrots chopped into small pieces
- 1 medium eggplant- peeled and diced
- 3 ears corn cut off the cob. This gives the chili a fresh taste
- 2 cans black beans, chili beans or kidney beans. Dry beans can also be prepared the day before.
- 10-12 fresh tomatoes- made into a tomato puree with cayenne or habanera pepper
- 2-5 tomatoes chopped
- 10-12 fresh olives (or canned) sliced
- Fresh oregano and cilantro and lemon pepper to taste
- 1 pkg. chili mix

Instructions

Peel and dice the eggplant and place in a colander. Sprinkle lightly with salt- this helps remove some of the bitter from the eggplant and also gives the chili a nice fresh flavor.

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Peel and dice the eggplant and place in a colander. Sprinkle lightly with salt- this helps remove some of the bitter from the eggplant and also gives the chili a nice fresh flavor.

2. To make a tomato puree, wash tomatoes and pull the stems off. Cross slice the bottom of each tomato (make an X). Boil for 3-5 five minutes and immediately place in cold water for 5 minutes. Peel the skin off the tomatoes. You can also remove the seeds at this time, but I use them in the puree. In a blender place the tomatoes and a pepper, I use habaneras because I like the kick they give but cayenne peppers are good, as well. Blend until smooth.

3. In a skillet, sauté onions and garlic in oil for 2 minutes. Remove from heat and place on a paper towel. Sauté green and red peppers 2 - 3 minutes, remove from heat and drain on paper towel.

4. Simmer carrots in water; add eggplant and corn. Simmer until all vegetables are tender.

5. In a large pot mix beans and tomato puree. Simmer. Lower heat, add carrots, corn, chopped tomatoes and eggplant to bean mixture. Then add onions, garlic, green and red peppers and olives. Stir and cook 4 - 5 minutes. Add seasonings or chili package mix. Simmer 45 minutes. Serve with rice or corn muffins.

Recipe shared by Angela Scott

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