

## Chili

1 sweet onion

1 red or yellow bell pepper

Optional other vegetable (carrot, zucchini, celery, etc)

1 - 2 cans of roasted diced tomatoes

1 Tbsp. chili powder (add more to taste)

½-1 Tbsp. smoked paprika

1 Tbsp. oregano

2 tsp cumin

4 cloves garlic

3 cans of beans (pinto, black, kidney, or white), drained and rinsed

2-3 cups raw spinach

1 cup of frozen corn

Salt to taste

1. Chop the onion, bell pepper and vegetables in a food processor or dice with a knife.
2. In a non-stick pan on medium heat, sauté vegetable until soft, adding a little water as needed to keep from sticking.
3. Add spices and beans and cover and simmer for 20 minutes.
4. Add spinach and corn and cook until heated through.