

UC-VEG

Umpqua Community Veg Education Group

PO Box 675 |Roseburg, OR 97470|541-378-6359 |UmpquaCommunityVeg@gmail.com| ucveg.org

Chili

Ingredients:

- 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

Chop the onion, bell pepper and vegetables in a food processor or dice with a knife.

In a non-stick pan on medium heat, sauté vegetable until soft, adding a little water as needed to keep from sticking.

Add spices and beans and cover and simmer for 20 minutes.

Add spinach and corn and cook until heated through.