

Vegetable Chili

- 2 tablespoons olive oil
- 1 1/2 cups chopped yellow onions
- 1 cup chopped red bell peppers
- 2 tablespoons minced garlic
- 1 medium zucchini, stem ends trimmed and cut into small dice
- 1 1/2 lbs. mushrooms, stemmed, wiped clean and sliced.
- 1/4 cup tablespoons chili powder
- 2 tablespoons ground cumin
- 1 1/4 teaspoons sea salt
- 1 tsp hot sauce
- 4 large ripe tomatoes, peeled, seeded and chopped
- 3 cups canned black beans
- 3 cups canned chick peas
- 1 (15-ounce) can tomato sauce
- 1 cup vegetable stock, or water
- 2 tablespoons garlic powder
- 1 teaspoon black pepper
- 1 tablespoon onion powder
- 1 tablespoon dried oregano

To Prepare;

- In a large, heavy pot, heat the oil over medium-high heat. Add the onions, bell peppers, garlic, and cook, stirring, until soft, about 3 minutes. Add the zucchini, and mushrooms, and cook, stirring, until soft and the vegetables give off their liquid and start to brown around the edges, about 6 minutes. Add the chili powder, cumin, salt, and cook, stirring, until fragrant, about 30 seconds. Add the tomatoes and stir well. Add the beans, tomato sauce, vegetable stock and remaining herbs, flavorings. Stir well, and bring to a boil. Reduce the heat to medium-low and simmer, stirring occasionally, for about 20 minutes.
- Adjust the seasoning, to taste.