Easy Vegetarian Chili*

Materials:
1. Large Soup Pot
2. Measuring Spoons
3. Measuring Cups
4. Spatula or Cooking Spoon
5. Knife
6. Cutting board
7. Can Opener
8. Strainer

Ingredients:
- 1 can black or pinto beans, drained
- 1 can kidney beans, drained
- 1 can diced tomatoes
- 1/2 onion, diced
- 3 cloves garlic, minced
- 1 bell pepper, diced (any color)
- 2 tbsp olive oil
- 3 tbsp vegetable broth
- 2 tbsp chili powder
- 1/2 tsp salt
- 1/2 tsp pepper
- dash cayenne pepper (optional)
- dash red pepper flakes (optional)

Procedure:
1. Wash/sanitize all counter surfaces
2. Rinse and drain the black and kidney beans.
3. Dice the onion and the bell pepper.
4. In a medium to large soup pot, sauté the onion, bell pepper and garlic in the olive oil.
5. Add tomatoes, vegetable broth and chili powder and stir.
6. Reduce heat to medium low and add beans. Stir occasionally and cook for at least 20 minutes. Of course, the longer you cook chili the better, but if you’re pressed for time, 20 minutes is fine.
7. Enjoy the Chili with reduced fat cheddar cheese and sour cream!

*Vegetarian.about.com “Easy Vegetarian Chili”