



Vegetarian Chili

Makes 6 servings | Serving size: 1 cup

Ingredients Needed:

- 6 medium frozen tomatoes, cored and skin removed
- 1 Tablespoon oil
- ½ cup diced onion, fresh or frozen
- 1 cup green bell pepper, fresh or frozen
- 1 cup corn, fresh or frozen
- ½ cup water
- 2 servings convenience chili seasoning mix (¼ cup plus 1 Tablespoon)
 - 1 teaspoon oregano
 - 4 teaspoons chili powder
 - 1 Tablespoon dried minced onion
 - 1 Tablespoon dried minced garlic
 - 2 teaspoons sugar
 - 2 teaspoons cumin
 - ¼ teaspoon black pepper
- 2 (15 ounce) cans kidney beans

Directions:

1. Remove skin and stem from frozen tomatoes.
2. in a large saucepan over medium-high heat, heat oil, and combine the onion and bell pepper. Saute for about 3 minutes, or until onions are translucent.
3. Add whole frozen tomatoes, water, and chili seasoning mix. Bring to a boil and reduce heat to low.
4. Cover and simmer for 1 ½ hours, stirring occasionally.
5. Drain and rinse kidney beans. Stir in the beans and heat through.

Serving Suggestions:

- Top with shredded cheese, sour cream, avocado slices, cilantro, scallions, or tortilla chips.

How to Freeze Tomatoes Video: https://youtu.be/bHtMp_VPDng