

## Kidney Bean Chili

- 1 tablespoon vegetable oil
- 1 cup chopped onion (or 1 tablespoon onion powder)
- $\frac{3}{4}$  cup chopped **carrots**
- 3 cloves of garlic (or  $\frac{1}{2}$  teaspoon garlic powder)
- 2 cups chopped **bell pepper**
- $\frac{3}{4}$  cup of chopped **celery**
- 1 tablespoon of chili powder
- 1 (28-ounce) can of **whole peeled tomatoes** with liquid
- 1 (19-ounce) can of **kidney beans** with liquid
- 1 (11-ounce) can of **whole kernel corn**, undrained
- 1 tablespoon ground cumin
- 1  $\frac{1}{2}$  teaspoons dried oregano
- 1  $\frac{1}{2}$  teaspoons dried basil

8. Heat oil in a large saucepan over medium heat.
9. Stir fry onions, carrots, and garlic until tender (if using spice powder, just stir-fry carrots).
10. Stir in green pepper, red pepper, celery, chili powder (and onion and/or garlic powder if using). Cook until vegetables are tender, about 6 minutes.
11. Stir in tomatoes, kidney beans, and corn; add dried cumin, oregano, and basil.
12. Bring to a boil, and reduce heat to medium.
13. Cover, and simmer for 20 minutes, stirring occasionally.
14. Taste, and adjust for seasonings. Enjoy!

Adapted from allrecipes.com



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