

## Vegetarian Chili



### Ingredients:

- 2 cups yellow onion, diced
- 1 cup yellow bell peppers, diced
- 2 cloves garlic, minced
- 2 tablespoons water
- 4 cups tomatoes, crushed
- 1 cup pinto beans, cooked (if canned, rinse under water)
- 1 cup black beans, cooked (if canned, rinse under water)
- 1 cup red kidney beans, cooked (if canned, rinse under water)
- 2 tablespoons ground cumin
- 1 tablespoon red pepper flakes
- 1 tablespoon chili powder
- 1 tablespoon balsamic vinegar
- 1 tablespoon oregano

### Directions:

1. Place 2 tablespoons of water in a stockpot over low heat. Add onion, bell pepper and garlic, cook 10 minutes or until onions become translucent.
2. Add the remaining ingredients to the pot. Cover and simmer for 1-2 hours, stirring occasionally. If chili is too thick, add a little water or vegetable stock until it is desired thickness.
3. Refrigerate leftovers for up to four days, or freeze for up to four months.

Makes 8 servings.



**Tarrant County Public Health**  
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