



The secret to being a good cook is to use great ingredients. The secret to being a great cook is to use your ingredients with love. MH

Vegetarian Chili for a Crowd

Serves 20

¾ cup olive oil
6 zucchini, diced ½ inch
2 large sweet onions, diced ½ inch
Carrots, peeled and diced ½ inch
2 lbs sliced mushrooms
8 cloves garlic, finely chopped
3 large colored bell peppers, seeded and diced ½ inch
3 - 28 ounce Italian diced plum tomatoes
2 lbs ripe plum tomatoes, cut into 1-inch dice
6 tablespoons chili powder
2 teaspoons cumin seed
2 tablespoons dried basil
1 tablespoon freshly ground black pepper
2 teaspoon salt
2 teaspoons fennel seeds
2 - 14 ounce canned dark red kidney beans, rinsed and drained
2 - 14 ounce canned garbanzo beans, rinsed and drained

THE STEPS

- Heat ¼ cup of the oil in a large skillet over medium heat.
- Add the zucchini, and sauté until just tender - 5 to 7 minutes.
- Transfer the zucchini to a deep stew pot.
- Using the same skillet, heat another ¼ cup oil.
- Add the onions, carrots, garlic, and bell peppers. Sauté until just wilted - 10 minutes.
- Transfer the mixture to the stew pot.
- With the final ¼ cup of oil, sauté mushrooms until golden then add to the stew pot
- Place the stew pot over low heat.
- Add the canned tomatoes and their juice, the fresh tomatoes, chili powder, cumin, basil, pepper, salt, fennel seeds.
- Cook, uncovered, stirring often, for 30 minutes.
- Stir in the kidney beans, chick-peas and cook for another 15 minutes.
- Stir well, and adjust the seasonings to taste.
- Serve with bowls of sour cream, grated cheese, and sliced scallions.

THE LOVE: The wonderful thing about veggie chili is you can use any combination of your favorite vegetables and it will be delicious. Keep the volume and weight the same if you're using the same amount of herbs and spices.