

Vegetarian Chili

2 cups dried kidney beans (shortcut - 3 cans of precooked beans rinsed in strainer greatly shortens prep time.)

2 Tbsp. olive oil

1 medium onion, chopped

2 medium carrots, chopped

2 ribs celery, chopped

1 medium green bell pepper, seeded and chopped

3 garlic cloves, minced

2 Tbsp. chili powder

2 bay leaves

2 tsp. dried oregano

2 tsp. ground cumin

1 tsp. sea salt

1/8 tsp. cayenne pepper (or more to taste)

1 15 oz. can tomato sauce.

2 medium tomatoes chopped (or 15 oz can of chopped tomatoes)

1 cup vegetable stock or water

2 ears corn kernels cut from cob or 1 1/2 cups frozen corn, thawed.

Presoak the dried beans overnight. Rinse

Using fresh water, bring beans to a boil. Reduce heat and simmer 1-2 hours until tender. Drain and set aside.

(Rinsing after cooking and draining will reduce gas produced by beans.)

Heat oil in a large pot. Saute onions, carrots, celery, green pepper and garlic, stirring often, about 7 minutes, until vegetables are softened.

Add chili powder, bay leaves, oregano, cumin, salt and pepper. Stir

Add beans, tomato sauce, tomatoes and stock or water. Cook until somewhat thick (about 20 minutes).

Stir in corn and heat through.

Remove bay leaves

Serve over rice or cornbread, if desired.