

Just-for-Kids Veggie Chili

Inspired by beechersfoundation.com

Ingredients:

- 1 medium onion, chopped
- 4 cloves garlic, minced
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 1 medium zucchini, chopped
- 1 can (15.25 oz) kidney beans, drained and rinsed
- 1 can (15.25 oz) black beans, drained and rinsed
- 1 can (28 oz) diced tomatoes
- Spices: 1 TB chili powder; 1 1/2 tsp dried oregano; 3/4 tsp ground cumin; 1 1/4 tsp salt; 1/4 tsp black pepper
- 1 Tablespoon vegetable or olive oil
- 1 cup whole-kernel corn (fresh or frozen)
- *Optional:* 1/2 bunch cilantro, chopped

Method:

1. Add oil to medium pot over medium-high heat. Add onion and garlic and stir, cooking for 1-2 minutes.
2. Add bell peppers and zucchini and sauté until tender.
3. Add spices and stir until vegetables are well-coated.
4. Add beans, corn and tomatoes and stir.
5. Bring to boil, then reduce heat to low and simmer for 15 minutes.
6. Garnish with optional cilantro and serve. Enjoy!

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Growing Connections to Fresh Food

