

Kidney Bean Chili with Vegetables

Contributed by Craig S., Hopelink Harvest volunteer

Ingredients:

- 1 tsp vegetable oil
- 1 bell pepper, chopped
- 1 medium onion, chopped
- *Optional:* 1 jalapeno pepper, diced; 1 cup other vegetables, chopped (zucchini, broccoli, canned peas or corn)
- 1 (14 oz.) can diced tomatoes with juice; or 2 cups chopped fresh tomatoes
- 1 can kidney beans (or other bean) drained and rinsed
- 1 tsp chili powder (or more, to taste)
- 1 tsp vinegar
- 1 cup water
- Salt and black pepper, to taste

Method:

1. Heat oil over medium heat in medium-size pot or saucepan. Add green pepper and onion and sauté until slightly soft, 4 to 5 minutes.
2. Add optional jalapeno, tomatoes, beans, and other vegetables as desired. Sauté another 2-3 minutes.
3. Add chili powder, vinegar and water. Bring to boil, then turn to low and simmer for 20 minutes. Add salt and pepper if needed. Serves 3-4.

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Growing Connections to Fresh Food

