

Susan's Vegetarian Chili

I have been making this recipe for more than 20 years and still enjoy it. The chili is quick to make, colorful and packed with flavor. It keeps well so consider making a double recipe to serve a couple times during the week or freeze for later.

- 2 medium-sized green peppers, chopped
- 1 medium-sized yellow onion, chopped
- 1 zucchini, sliced
- 1 yellow squash, sliced
- 2 tablespoons vegetable oil
- 2 tablespoons chili powder
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon ground red peppers
- 2 cups corn kernels (fresh or frozen)
- 2 16 oz. cans tomatoes, including liquid
- 2 16 oz. cans pinto beans, including liquid
- 2 16 oz. cans black beans, including liquid
- 1 4 oz. can mild green chilies, including liquid
- 1 4 oz. can of tomato paste

All beans, both dried and canned, are high in protein, fiber, vitamins and minerals. If you use canned beans, be sure to read the label to make sure the manufacturer hasn't added sugar. Also, dried beans are often lower in sodium, plus about half the cost of canned beans! If you cook dried beans, consider a large batch and freeze the leftover in zip-lock bags. They'll keep for up to a year in the freezer!

1. Chop and sauté in oil the peppers and onions. Add the sliced squashes, chili powder, salt, ground red peppers, and corn.
2. When all the vegetables are soft but still firm, add the tomatoes, all the beans, the green chilies, and the tomato paste. Stir until just blended.
3. Bring to a boil and then reduce the heat. Let simmer for 20 minutes stirring occasionally to prevent sticking.

Makes 6 servings