

Susan's Vegetarian Chili

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



Chop and sauté in oil the peppers and onions. Add the sliced squashes, chili powder, salt, ground red peppers, and corn. When all the vegetables are soft but still slightly firm, add the tomatoes, all the beans, the green chilies, and the tomato paste. Stir until just blended.

Bring to a boil and then reduce the heat. Let simmer for 15-20 minutes stirring occasionally to prevent sticking. Serve hot.

This recipe is great for freezing. I freeze it in gallon-sized Ziploc bags and lay the filled bags flat in my freezer until frozen, then I can position them when hardened. The bags of frozen chili thaws quickly for a fast meal!

Yield: 6 generous servings