

Vegetarian Chili

(Vegan without yogurt)

Serves 4-8

- 1 jalapeño pepper
- 1 400 g can diced tomatoes
- 3 400 g cans of black beans, save liquid
- 1 T canola or olive oil
- 1 large onion, diced
- 4 cloves garlic, minced
- 1 C red bell pepper, chopped (1 large)
- 130 g corn kernels
- 1 tsp chili powder
- 2 tsp dried oregano
- 1½ tsp ground cumin
- 2 T soy sauce
- Juice of ½ lime
- Handful of chopped fresh cilantro
- Salt and pepper, to taste

Topping:

- 1 avocado, diced
- 113 g grated cheddar cheese (optional)
- Greek yogurt (optional)

1. In a food processor, process the **jalapeno pepper**, **tomatoes** and about $\frac{1}{3}$ of the **beans** (1 can) until smooth.
2. Heat the oil in a large pot over **medium-high heat**.
3. Add about $\frac{3}{4}$ of the **onion**, **garlic** and **sauté for 3 minutes**, until translucent and lightly brown.
4. Add the **bell pepper** and **corn** and **sauté for several minutes**.
5. Reduce the heat and add the **chili powder**, **oregano** and **cumin** and sauté for **another 30 seconds** or so, stirring frequently so that it doesn't burn.
6. Add the **soy sauce**, **black beans** and the mixture from the food processor.
7. Add a cup of **water** and let everything **simmer for about 10 minutes**.
8. While the chili simmers, combine the **avocado**, the remaining quarter or so of **onion**, and half the **lime juice** in a bowl.
9. **After 10 minutes**, add half the **lime juice** and half the **cilantro** to the chili.
10. Add **salt** and **pepper** until seasoned to taste; add more water if necessary to thin it out.
11. Serve, topped with the **avocado mixture** and garnished with **cilantro** (pak chee) and optional **cheese**.

