

## Vegetarian Chili



### Ingredients:

- 1 tablespoon vegetable oil
- 1 large onion, chopped (1 cup)
- 1 medium green bell pepper, chopped (1 cup)
- 2 cloves garlic, finely chopped
- 2 fresh Serrano chilies, seeded, finely chopped
- 2 cans (15 oz each) black beans, drained, rinsed
- 2 cans (14.5 oz each) diced tomatoes, un-drained
- 1 1/2 cups water
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 1/2 teaspoon salt
- 1 cup sweet corn
- If desired:
  - 1/2 cup Sour cream
  - 1 cup Shredded Cheddar cheese
  - 1/4 cup Chopped fresh cilantro

### Directions:

1. In 4-quart saucepan, heat oil over medium heat. Add onion, bell pepper, garlic and chilies; cook 5 to 7 minutes, stirring frequently, until tender.
2. Stir in black beans, tomatoes, water, chili powder, cumin and salt. Heat to boiling. Reduce heat; cover and simmer 30 minutes, stirring occasionally. Stir in corn. Heat to boiling. Reduce heat; simmer uncovered 5 minutes longer.
3. Top each serving with remaining ingredients.

Makes 6 servings (1 1/3 cups each)