Vegetarian Chili

Ingredients

1 teaspoon vegetable oil
1 onion, chopped
2 cans beans (black, pinto, or kidney)- drained
1 can diced tomatoes
1 8-oz can tomato sauce
1 bell pepper, diced
2 carrots, peeled and diced
½ cup frozen corn
1 teaspoon garlic powder or 2 cloves garlic, minced
2 teaspoons cumin
1/2 teaspoon chili powder or to taste

Instructions

Heat oil in large pot. Add onions, sauté until soft. Add remaining ingredients and season to taste. Let simmer, covered, 30 mins- 1 hour. Add up to 1 cup water if chili becomes too thick. Enjoy with corn bread or rice.

Source: Sarah Bernard-Hoverstad (Intern at Northwest Harvest)