



This vegetarian chili is quick and easy if you use a food processor to prepare the vegetables and beans previously prepared.

It is great when served with warm, hearty buns and a dollop of sour cream or grated sharp cheese.

Ingredients

- 2 large onions, finely chopped
- 8 garlic cloves, minced
- 3 tsp (15 mL) chili powder (more if you like it very hot)
- 2 tsp (10 mL) cumin powder
- 2 tsp (10 mL) coriander powder
- Salt and pepper to taste
- ¼ tsp (1 mL) cayenne pepper
- 1 cup (250 mL) finely chopped celery

- ¼ cup (60 mL) olive oil
- 2-4 tbsp (30-60 mL) water
- 1½ cups (500 mL) grated carrots
- 2 cups (500 mL) grated zucchini
- 1 large red pepper, chopped
- 1 large green pepper, chopped
- 2 cups (500 mL) chopped fresh tomatoes
- 1 jar (16 oz/500 g) stewed tomatoes
- 1 jar (16 oz/500 g) tomato sauce
- 1 jar (8 oz/250 g) tomato paste
- 1½ (14 oz/400 g) [cooked kidney beans](#)
- 1½ (14 oz/400 g) [cooked pinto beans](#)
- ½ cup (125 mL) omega fatty acids such as flax, hemp, or extra virgin olive oil
- 1 small jalapeño pepper, finely chopped (optional)

Instructions

1. In a very deep, heavy-bottomed pot, sauté (over low to medium heat) the onions, garlic, jalapeno pepper, spices, and celery in the olive oil and water until soft.
2. Add carrots, zucchini, and chopped red and green peppers. Frizzle for 5-10 minutes, stirring occasionally. Add more water if needed to keep veggies from sticking.
3. Add the fresh and stewed tomatoes, sauce, and paste. Add beans. Stir all ingredients together.
4. Turn heat down to minimum and let simmer for several hours.
5. Remove from heat and add Omega Essential Balance Oil just before serving.

Makes 6 servings.