

Vegan **CHILI**

INGREDIENTS:

1-2 tsp. olive oil
3 cloves garlic, minced
2 chopped bell peppers
1 chopped yellow onion
4 chopped carrots
2-3 cans beans (kidney or chickpeas)
1-2 cans diced tomatoes
3 tsp. chili powder
1 tsp. cumin
1 tsp. cocoa powder
1 tsp. oregano
cayenne pepper to taste

INSTRUCTIONS:

1. In a large pot, add oil and turn heat to medium.
2. Add onion, pepper, and carrot and sauté for about five minutes.
3. Add garlic for another minute.
4. Add the rest of the ingredients (add tomatoes and beans until desired consistency) and simmer for about 30-40 minutes on low to medium heat.
5. Top with chopped avocado.

JEREMY Z. CREDIT AND FINANCIAL OPERATIONS MANAGER

“This is actually my girlfriend’s recipe. We love to cook it on cold Sundays during the winter.”

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