

O-YA's Vegetarian Chili

An 'After School Club Healthy Snack' Recipe

Recipe provided by Holistic Nutritionist Sarah Green

4	Stalks celery, sliced
1	Small Purple Onion, chopped
2	Carrots, grated
2 Tbsp	Extra Virgin Olive Oil
3	Green Peppers, diced
1 head	Broccoli, chopped
2 Cups	Frozen corn
2 lg cans	Crushed Tomatoes
1 lg can	Diced Tomatoes
2 cans	Kidney Beans, drained and rinsed
1/2 can	Water
2 Tbsp	Chili Powder (or to taste)
1 tsp	Cumin (or to taste)
2 Tbsp	Honey
3 tsp	Salt (or to taste)
Grind	Black Pepper to taste

Heat oil in a large pot and add onion, celery and carrot. Cook, stirring occasionally for about 5 minutes. Add the cumin, chilli powder and salt. Add green peppers and broccoli and stir for a couple of minutes. Add the tomatoes (crushed and diced) and 1/2 can water. Taste to see if more salt is needed. Stir in the none and add the beans. Add about 5 turns of the pepper mill. Stir well and taste to see if more chili powder, cumin, salt, pepper or honey needs to be added. Turn to a lower heat and let simmer for a least 1/2 hour. Taste again and adjust if needed.

What makes this a Healthy Snack Sarah?

"This chili is filled with nutritious vegetables and beans to deliver vitamins, minerals, fibre, complex carbohydrates and protein with each yummy bowl! This also freezes well, so make a big batch and freeze in individual servings of a quick and easy snack for everyone." Sarah Green, Holistic Nutritionist

