

Vegetarian Chili

Ingredients:

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| Vegetable oil | 1 Tablespoon |
| Onion, chopped | 1 large |
| Carrot, chopped | 1 large |
| Celery, chopped | 1 large |
| Green pepper, chopped | 1 small |
| Water | 1 cup |
| Diced Tomatoes | 1 can (796 mL) |
| Kidney beans | 1 can (540 mL) |
| Instant oats | ½ cup |
| Garlic powder | 1 teaspoon |
| Cumin | 1 teaspoon |
| Chili powder | 1 tablespoon |
| Salt | 1 teaspoon |
| Black pepper | ½ teaspoon |



Directions:

1. Add vegetable oil to a large pot over medium-high heat.
2. Add in onion, carrot, celery and green pepper. Cook for 3 minutes, until vegetables are soft.
3. Add in water, tomatoes, kidney beans, oats, and spices and bring to a boil.
4. Turn heat down to medium-low and cover pot with lid. Cook for 15 minutes, stirring often. Add more water if gets too thick. Serve and enjoy!

Serves 6

Did you know...Foods high in Vitamin C (e.g. tomatoes, berries, oranges, peppers) will help you to better absorb the iron found in plant foods such as beans (e.g. black beans, kidney beans, chickpeas), lentils, tofu, nuts and seeds.