



# Recipes

## Beans

### **Vegetarian Bean Chili**

*Prep Time: 10 minutes*

*Cooking Time: 20-30 minutes*

*Yield: 4 servings*

#### **Ingredients:**

- 1 tablespoon olive oil
- 1 onion, chopped
- 2-3 cloves garlic, minced
- 1 carrot, halved lengthwise and sliced
- 1 red, green or yellow pepper, chopped
- 1 teaspoon each chili powder, ground cumin, dried oregano
- 3 cups cooked red, black or kidney beans
- 1 cup spring water or vegetables stock
- 2 tablespoons umeboshi vinegar or organic tomato paste
- 1 teaspoon sea salt

#### **Directions:**

1. Heat the oil in a large heavy pan. Add onion and garlic and sauté until the onion starts to brown.
2. Add the rest of the vegetables, chili powder, cumin and oregano. Sauté for 5 minutes.
3. Slowly add the rest of the ingredients. Cover and simmer for 10-15 minutes.
4. Adjust the seasonings and serve.

#### **Variations:**

- Add other vegetables like celery, zucchini or summer squash.
- Skip the chili powder, use ginger instead to create a different taste.
- Add fresh or frozen corn and you have a grain-bean combination in one pot.
- Add cooked brown rice for a tasty rice and bean dish.