Vegetarian Chili
Serves 6

Recipe Ingredients

- 1 ½ tsp. Olive oil
- ¾ cup Onions, fresh, diced
- 1 tsp. Garlic, chopped
- ½ cup Celery, chopped
- ¾ cup Green bell pepper, julienned
- ¾ cup Zucchini, diced 1”
- ¾ cup Mushrooms, pre-sliced
- 1 tsp. Chili powder, mild
- ½ tsp. Cayenne pepper
- 1 ¼ tsp Cumin, ground
- 1 ¼ tsp. Coriander, ground
- ¼ tsp. Salt
- ½ tsp. Black pepper
- 14 oz. Black beans, canned
- 14 oz. Kidney beans, canned
- 2 tsp. Jalapeno pepper, diced
- 3 cups Tomatoes, canned, diced
- ¾ cup Tomato juice
- 1 Tbsp. Tomato paste
- 1 ½ tsp. Tomato paste
- 2 tsp. Ketchup
- 2 ½ Tbsp. Cilantro, fresh, chopped

Heat olive oil in a sauce pan and add onions, garlic, celery, and green peppers. Sauté for 3 minutes. Add zucchini and mushrooms, cook 1 minute. Mix all spices and add to vegetables and cook 2 minutes. Add all remaining ingredients, except cilantro. Bring to a boil, reduce heat and simmer 20 minutes. Fold in cilantro and serve.

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