

Podleski Chili (8 servings)

1 Tbsp olive oil

- 1 $\frac{1}{4}$ c onions, finely chopped
- 1 c red pepper, finely chopped
- 1 c green pepper, finely chopped
- $\frac{3}{4}$ c celery, finely chopped
- $\frac{3}{4}$ c carrot, finely chopped
- 1 $\frac{1}{2}$ c mushrooms, chopped
- 1 cup zucchini, diced
- 1 Tbsp chili powder
- 1 Tbsp cumin
- 1 $\frac{1}{2}$ t oregano (dried)
- 1 $\frac{1}{2}$ t basil (dried)

- 1 can diced tomatoes
- 1 can black beans, drained & rinsed
- 1 can chick peas, drained & rinsed
- 1 can corn UNDRAINED
- $\frac{1}{2}$ tsp cayenne pepper
- $\frac{1}{2}$ tsp salt
- 2 Tbsp minced cilantro

- ① Heat oil in large pot over medium heat. Add onions, peppers, celery, carrots, and garlic. Cook & stir until vegetables begin to soften — about 5 to 6 minutes.
- ② Add mushrooms + zucchini. Cook for 4 more minutes.
- ③ Add chili powder, cumin, oregano, and basil. Cook 1 minute.
- ④ Add tomatoes, beans, chick peas, corn (with liquid), cayenne peppers + salt. Mix well.
- ⑤ Bring to a boil & simmer for 20 min. Stir in cilantro.
- ⑥ serve hot.

PER SERVING: 9 g protein