

Vegetarian Chili

From Eileen Koterak,
Co-Host "Plain & Fancy Cooking"

Ingredients:

- 2 Spanish onions, coarsely chopped
- 3 cloves garlic, finely chopped
- 3 T. virgin olive oil
- 1 green, 1 red & 1 yellow pepper,
chopped
- 2 stalks celery, diced
- 2 carrots, diced
- 1 28 oz. can crushed or
diced tomatoes in juice
- 1 T. chili powder
- 1 8 oz. can tomato sauce
- 1 16 oz. can each: dark red kidney

- beans, light red kidney beans,
cannellini beans (white);
all rinsed, drained
- 1 diced yellow squash
- 1 cup corn
- 2 T. Italian parsley, chopped
- grated Parmesan cheese

To Prepare: Important tip: saute' veggies in batches so they brown easily and don't get mushy. First, in Dutch oven, heat 2 T. oil over med. heat. (over)

Add onions and garlic; saute', stirring, 7 min. or until golden. Add the sweet peppers; saute', stirring about 7 min. or until softened. Transfer to a stock pot. Next, add 1 T. oil to Dutch oven and saute' carrots and celery, stirring frequently, until softened. Add to pot. Add tomatoes, chili powder and sauce, bring to a boil. Add the remaining ingredients, cover and simmer 30 min. or until tender. Stir in parsley. Top each serving with Parmesan cheese if desired. Serve with homestyle corn bread made with low-fat milk and olive oil instead of butter. Also, fresh corn can be added for vitamins and fiber.

♥**Healthful Hints:** Olive oil is high in mono-unsaturated fats and is easy to digest; also it's one of the best cooking mediums. Virgin olive oil is a better oil with more taste and less acidity. The peppers in the chili are high in vitamin C (twice as much as citrus fruit) and beta carotene. Garlic contains substances that appear to lower blood pressure and cholesterol. Beans are one of the healthiest foods you can eat, high in soluble fiber, thought to reduce your risk of heart disease, and an excellent source of protein and iron. Parsley is a good source of vitamin C, iron and beta carotene.

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