

Vegetable Chili

3/4 c. olive oil

2 zucchinis, cut 1/2" diced (~ 6 cups)

2 onions, cut 1/2" diced

4 cloves GARLIC, finely chopped

2 lg Red bell peppers - 1/4" diced (~ 4 cups)

2 lg cans crushed tomatoes

2 TBSP chili powder

1 TBSP ground CUMIN

1 TBSP dried BASIL

1 TBSP dried OREGANO

1 TBSP Black Pepper (coarse ground)

1 tsp. salt

1-2 tsp fennel seeds

1 cup canned dk red kidney beans (drained)

1 cup canned chick-peas (drained)

1/2 c chopped fresh dill (optional)

2 TBSP fresh lemon juice

Heat 1/2 c. oil in lg skillet over medium heat. Add zucchini; saute until just tender, 5-7 min. Transfer zucchini to soup pot.

Heat 1/4 c. oil in skillet over low heat. Add onions, garlic & bell peppers. Saute until just wilted, about 10". Transfer mixture to soup pot.

Place soup pot over low heat. Add tomatoes, chili powder, cumin, basil, oregano, salt, pepper & fennel seeds. Cook uncovered. Stir often for 30"

Stir in kidney beans, chick peas, dill and lemon juice. Stir well. Adjust seasonings to taste

Serve in bowls of sour cream, grated cheese, and sliced scallions

Note:

When adjusting seasons be generous in chili powder, cumin, salt & pepper.

Possibly may need more fennel but be cautious.