



Wholesome Chili (from Whole Foods Market)

1 large onion, diced

3 cloves garlic, minced (I used 5)

2 red bell peppers, diced

3 carrots, chopped

1 cup mushrooms, sliced

1 jalapeno pepper, minced

2 (15 oz) cans kidney beans, rinsed and drained

2 (15 oz) cans black beans, rinsed and drained

2 (28 oz) cans of chopped tomatoes (I used Muir Glen Fire Roasted)

1 (6 oz) can tomato paste

2 TBS chili powder

2 TBS cumin

1/2 cup chopped cilantro

Salt & Pepper to taste

1/2 TBS red chili flakes (optional for more heat)

Saute onion in four tablespoons of water on medium-high heat in a large pot for five minutes. Add garlic, red peppers, carrots, mushrooms, and jalapeno. Cook five more minutes. Add beans, tomatoes, tomato paste, remaining spices, and stir until well combined. Cover and simmer on low heat for at least 20 minutes. (Mine simmered all afternoon). Before serving stir in cilantro, salt & pepper. Add chili flakes if desired.