

Vegetable Chili



Ingredients

2 cups green beans, cooked and chopped into small pieces
1 cup mushrooms caps, chopped
1 Portobello mushroom cap, chopped
1 medium red onion, chopped
3 cloves garlic, chopped
2 T chili powder
2 t ground cumin
1 poblano chile pepper, seeded and diced
1 14 -15 oz. can diced tomatoes
1 1/2 cups of water
3 T vegetable oil
1/2 teaspoon salt
1/2 teaspoon pepper
Fat free Yogurt or Sour Cream for topping if desired

Directions

Put vegetable oil in a large pot and heat. Add red onion, garlic, chili powder and cumin and let onion cook and begin to soften. Add the poblano chile pepper and mushrooms and cook until they are tender. Add tomatoes, water, salt and pepper/ Bring mixture to a boil. Stir and reduce the heat. Simmer until all the vegetables are tender and the chili is thick. Serve hot with a dollop of yogurt or sour cream if desired. Or some extra diced red onion, raw.