Speedy Meatless Chili

Ingredients

YIELDS: 8 servings   PREP TIME: 30 minutes

- 2 stalks celery
- 1 onion
- 1 zucchini
- 1 green bell pepper
- 1 tbsp. (15 mL) canola oil
- 1 can (796 mL) diced tomatoes
- 1 can (540 mL) lentils
- 1 can (540 mL) kidney beans
- 1 cup (250 mL) frozen corn
- 1/2 tsp (2 mL) chili powder
- 1/2 tsp (2 mL) pepper
- 1/2 tsp (2.5 mL) garlic powder
- 2/3 cup (150 mL) cheddar cheese

EQUIPMENT: Can opener / cheese grater / 4 cutting boards / electric skillet / 4 knives / set of measuring cups / set of measuring spoons / small plates, bowls, and forks for sampling / spoon / strainer

Directions

1) Thoroughly wash all vegetables under cool running water.

2) Dice celery, onion, zucchini and bell pepper into small uniform pieces.

3) Heat oil in skillet to medium-high heat.

4) Add onion and celery to skillet and sauté for a few minutes, until softened.

5) Add bell pepper and zucchini and sauté for a few more minutes.

6) Add full can of diced tomatoes (do not drain). Break up tomatoes with the back of a spoon.

7) Drain and rinse lentils and kidney beans using a strainer.

8) Add lentils, kidney beans, corn and spices to the skillet and stir. Simmer for approximately 15 minutes.

9) Shred cheese using grater. Sprinkle cheese on top of chili.

Chef's Tip

This chili recipe is very versatile. Extra vegetables can easily be added or substituted. E.g., sweet potatoes, carrots, squash and different colours of bell peppers.

Let's Get Cookin'!