

# vegetarian chili



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This is a vegetarian staple, and for good reason: It's healthy, filling, and very economical to make — and, oh yes, very tasty, too! For a hotter chili, break open the chiles to release the seeds.

3 tbsp. sunflower oil	2 dried red chiles
1 tsp. ground cumin	1 (15-oz.) can chopped tomatoes
1 tsp. ground coriander	1/2 cup frozen or canned corn
2 garlic cloves, minced	2 tbsp. tomato paste
2 medium onions, sliced	1 (15-oz.) can red kidney beans, washed and drained
1 red bell pepper, sliced	1 tbsp. paprika
1 green bell pepper, sliced	salt and black pepper
1 large zucchini, cut into chunks	

Heat the oil in a large saucepan and add the cumin, coriander, garlic, onions, bell peppers, zucchini, and chiles; cook for 3–4 minutes. Add the tomatoes, corn, tomato paste, and beans. Bring to a boil over a high heat, then reduce the heat and simmer for 15 minutes. Stir in the paprika and season with salt and pepper to taste. Serve with rice, crackers, or tortilla chips, and a side of sour cream.

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### vegetarian taco salad

Prepare the basic recipe; cool until warm. Meanwhile, in a large bowl, put 14 ounces tortilla chips, 1 1/2 cups shredded lettuce, 3 ounces shredded Monterey Jack cheese, 2 large chopped tomatoes, 1/4 cup fresh chopped cilantro, and 1/2 cup salsa. Mix with the bean mixture and top with sour cream, accompanied by lime wedges.

### spiced bean, vegetable & lentil stew

Prepare the basic recipe, adding 1 cup canned lentils with the tomatoes.

### spiced peanutty black bean stew

Prepare the basic recipe, omitting the zucchini and paprika, and using only 1 tablespoon of tomato paste. Replace kidney beans with drained and rinsed black beans, and stir 2 tablespoons peanut butter into the finished stew.

### curried bean stew with ginger

Prepare the basic recipe, omitting corn and tomato paste. Replace cumin and coriander with 2–3 teaspoons medium curry powder, and add 2 teaspoons minced fresh ginger with the garlic.