

VEGE CHILI

INGREDIENTS:

- 1 tbls coconut oil**
- 1 ½ cups onion – chopped**
- 1 cup green pepper**
- 2 tbls minced garlic**
- 1 jalapeno pepper, seeded and chopped**
- 1 tbls cacao**
- 28 oz chopped or crushed tomatoes**
- 2 cups white beans**
- 2 cups black beans**
- 2 cups chopped veges (carrots, potato, zucchini, broccoli, whatever you want really!)**
- 2 tbls chili powder**
- 2 tsp ground cumin**
- 1 tsp dried oregano**

DIRECTIONS:

- 1. In a large saucepan over medium-high heat, combine oil, onions, bell pepper, garlic, and jalapeno pepper. Sauté until the vegetables begin to soften, about 4 minutes.**
- 2. Add the cacao and sauté for another 3 minutes.**
- 3. Stir in the tomatoes, beans, veges, chili powder, cumin, and oregano.**
- 4. Bring the chili to a simmer. Reduce heat to low, cover, and simmer for 20 minutes.**