

Milsap Bar Vegetarian Chili by Pooh & Tigger 8/13/06

Ingredients

*Note: we used less than a whole can of the various ingredients below
so that we could fit everything into our small 1½ qt. camping pot*

1 Yellow Onion, chopped
4 Cloves Garlic, minced
Ginger - 2 small pieces
1 Green Bell Pepper, chopped
1 Green Serrano Chili Pepper, sliced thin
1 Carrot, chopped
1 small Yellow Squash, chopped coarse
1 sm can Tomato Paste
¾ can (12 oz can) Tomatoes (fire roasted)
¾ can (12 oz can) Corn kernels, drained
¾ can (12 oz can) Kidney beans, drained
¾ can (12 oz can) Black Beans - Cuban style, with the spice, sweet, and onions (not drained)
Cilantro - a small handful, coarsely chopped

Spices

Salt
Black Pepper
Chili Powder (regular *and* Chipotle !)
Cumin (not too much!)
Cinnamon
Bay Leaf
Oregano
Basil
Hot Sauce - Crystal
Sugar - a pinch to taste
Tony's - sprinkled on top

Method

In a medium sized sauce pan, saute onion. Add garlic and ginger. Add remaining vegetables. Add everything from the cans. Add spices. Add Cilantro. Simmer about 5-10 minutes more.

Serve over Brown Rice.

Enjoy!