

# Vegetarian Chili

## Ingredients:

- \* 2 tbsp extra virgin olive oil
- \* 1 cup chopped red onion
- \* 5 lg cloves garlic, crushed or minced
- \* 2 tbsp chili powder
- \* 2 tsp ground cumin
- \* 2 cups juicy chopped tomatoes
- \* 1 (15 oz) can black beans drained
- \* 1 cup red wine (or water)
- \* 1 cup chopped bell pepper
- \* 1 cup chopped zucchini
- \* 1 cup corn kernels
- \* 1 cup chopped white or Portabella mushrooms
- \* 1 cup chopped fresh cilantro
- \* 1/8 tsp cayenne pepper
- \* Salt and pepper to taste



## Directions:

Heat the oil in a medium pot. Add onion, garlic, chili powder and cumin. Sauté over medium heat until onion is soft, about 5 minutes. Add the rest of the ingredients (except the garnish) and stir. Bring to a boil. Lower the heat and simmer for 20 minutes or until vegetables are soft. Add more liquid if needed. Serve alone or over brown rice. Garnish with cheddar cheese, onion, sour cream, guacamole or fresh cilantro.

Many types of vegetables can prevent cancer and provide the protection against a reoccurrence.