



Big Batch Vegetarian Chili

Compliments of "PamCooks: Favourite Recipes from the Trillium Cooking School", 2000.

This recipe freezes well!



Makes about
16 cups (4 litres)

1/4 cup	olive oil	50 mL
1 cup	onion, chopped	250 mL
5	garlic cloves, minced	5
7 cups	vegetables - chopped or sliced (your choice of celery, carrot, zucchini, mushrooms, red or green peppers etc.)	1.75 L
7 cups	tomatoes- chopped or 2 x 28-oz (796 mL) cans of italian tomatoes	1.75 L
2 tbsp	chili powder, adjust to taste	30 mL
1 tbsp	dried basil	15 mL
1 tbsp	dried oregano	15 mL
1 tsp	each salt and pepper - adjust to taste	5 mL
1/2 cup	fresh parsley, chopped	125 mL
1/2 cup	fresh dill- chopped (optional)	125 mL
2 x19 oz	canned beans (your choice - of red, or white kidney, navy, garbanzo, pinto etc.)	2 x 540 mL

Garnishes: chopped green onion, shredded low fat Monterey Jack cheese, cooked brown rice

Stovetop Directions:

- ▶ Sauté onion, garlic and vegetables in oil over medium heat in a large Dutch oven until carrots are tender.
- ▶ Add tomatoes and seasonings.
- ▶ Cover and simmer gently over low heat for 45 to 60 minutes.
- ▶ Stir in parsley, dill and beans.
- ▶ Cook over low heat, covered, for 20 minutes more.
- ▶ Garnish and serve.

Slow Cooker Directions:

- ▶ Combine all ingredients except parsley, dill, beans and garnishes in slow cooker. Mix well.
- ▶ Cover and set to Low. Cook 8-10 hours.
- ▶ ½ hour before serving, add parsley, dill and beans. Set to High.
- ▶ Cover and cook ½ hour more, or until hot.
- ▶ Garnish and serve on brown rice if desired.