
Spicy Three Bean Chili

Makes 10, one cup servings

Quantity	Ingredients	Preparation Notes
2 Tbsp	Olive Oil	☪ Heat oil
2 C	Onion, chopped	☪ Add onions, celery, carrots and green pepper
1/2 C	Celery, chopped	☪ Saute 5 minutes
1/2 C	Carrots, sliced	☪ Add jalapeno peppers, tomatoes, chili powder, cumin, oregano, basil, salt, pepper, garlic and cayenne
1/2 C	Green Pepper, chopped	☪ Mix well, breaking up tomatoes
1 C	Zucchini, cut in 1/4" cubes	☪ Cook for 30 minutes stirring occasionally
2	Jalapeno Peppers, minced	☪ Add beans
2 - 28 oz cans	Italian Style Plum Tomatoes	☪ Simmer for 15 minutes
1 Tbsp	Chili Powder	☪ Add lemon juice before serving
1 Tbsp	Ground Cumin	☪ Top each serving with grated cheese and green onions.
1 tsp	Oregano Leaves	
1 tsp	Basil Leaves	
1/2 tsp	Salt	
1/2 tsp	Pepper	
1/4 tsp	Garlic Powder	
1/8 tsp	Cayenne Pepper	
1 - 15 oz Can	Pinto Beans, drained	
1 Tbsp	Lemon Juice	
	Grated Monterey Jack Cheese	
	Sliced Green Onions	