**Lentil Chili**

Serves 8

Ingredients:

8 cups vegetable broth, divided

1 med yellow onion, chopped

1 lg. red bell pepper, chopped

5 cloves garlic, finely chopped

4 tsp. chili powder

1 (16 oz) pkg lentils

2 (15 oz.) cans diced tomatoes

¼ cup chopped fresh cilantro

Directions:

1. Heat large pot over medium high heat.  When hot, add onion and pepper.
2. Cook onion and pepper, stirring frequently, until lightly brown, about 6 minutes.
3. Stir in ¼ cup of broth and continue to cook, stirring, until onion is soft and browned.
4. Stir in garlic and chili powder and cook 1 minute, stirring constantly.
5. Add lentils, tomatoes, and remaining broth. Bring to a boil.
6. Reduce heat to medium low and simmer, partially covered, about 30 minutes until lentils are almost tender.
7. Uncover and cook 10 more minutes.
8. Stir in cilantro just before serving.

**Vegetarian Chili with Sweet Potatoes**

Serves 5-6

Ingredients:

2 cloves garlic, minced

1 small onion, diced

2 small sweet potatoes, peeled and chopped

2 medium carrots, sliced

½ red bell pepper, chopped

2 Tbsp olive oil

1 (15 oz) can black beans

1 (15 oz) can tomato sauce

½ cup vegetable broth

1 Tbsp chili powder

1 tsp cumin

½ tsp garlic powder

Directions:

1. Heat large pot over medium high heat.  Saute the onions and garlic in olive oil for a minute or two, then add sweet potatoes, carrots, and bell peppers. Cook until onions are soft, about 5-6 minutes
2. Reduce heat to medium-low and all of of the remaining ingredients. Stir to combine well.
3. Allow chili to simmer partially covered, stirring occasionally, for about 20-25 until flavors have mingled together and the sweet potatoes, carrots, and bell peppers are soft.

**Vegetarian 3 Bean Chili**

Serves 6

Ingredients:

2 tsp olive oil

1 cup onion, chopped

½ cup green bell pepper, chopped

3 cloves garlic, minced

¾ cup water

2 Tbsp tomato paste

2 tsp chili powder

2 tsp ground cumin

½ tsp black pepper

1 (15 oz) can chili beans

1 (15 oz) can light red kidney beans, drained

1 (15 oz) can dark red kidney beans, drained

2 cups vegetable broth

1 (15 oz) can diced tomatoes (do NOT drain)

1 Tbsp yellow cornmeal

Directions:

1. Heat large pot over medium high heat.  Saute the onions, bell pepper, and garlic in olive oil for 3 min.
2. Stir in ¾ cup water.
3. Add tomato paste, chili powder, cumin, pepper, chili beans, kidney beans (2 kinds), and broth and undrained tomatoes.
4. Bring to a boil, then reduce the heat and simmer for 8 min.
5. Stir in cornmeal and cook 2 minutes until slightly thickened.

**Black Bean & Chickpea Veggie Chili**

Serves 4

Ingredients:

2 Tbsp olive oil

1-½ cups chopped onion

2 cloves garlic, minced

1 green pepper, diced

1 (14 oz.) can diced tomatoes (Undrained)

14 oz. water (1 can)

1 (14 oz.) can black beans, drained and rinsed

1 (14 oz.) can chickpeas, drained and rinsed

1 cup frozen corn

½ tsp salt

¼ - ½  tsp black pepper (to taste)

1 tsp chili powder

Directions:

1. Heat large pot over medium high heat.  Heat the oil, add onions, and saute the onions until slightly translucent. Add the garlic and green pepper. Stir and cook until soft, about 6 minutes.
2. Add the canned tomatoes and their juices, and the additional can of water. Stir in salt, pepper, and chili powder. Stir well.
3. Add black beans, chickpeas, and corn.
4. Cover and reduce heat to low. Cook for 25 more minutes, stirring occasionally.

**Vegetarian Chili**

Serves 10-12

Ingredients:

2 Tbsp olive oil

1 (12 oz) package soy crumbles

1 cup onion, chopped

1 cup green pepper, chopped

2 cloves garlic, minced

2 (15 oz) cans diced tomatoes (do NOT drain)

1 (15 oz) dark red kidney beans, drained

1 (15 oz) can corn

2 (16 oz) diced tomatoes and chilies

1 (6 oz) can tomato paste

1-½ Tbsp chili powder

1-½ Tbsp ground cumin

2 tsp salt (sea salt or kosher is best)

Directions:

1. Heat large pot over medium high heat.  Heat the oil and saute the onions and green peppers until the onions are translucent, about 2-3 minutes.
2. Add soy crumbles. Break apart and mix into vegetables.
3. Add drained kidney beans, corn, tomatoes, tomato paste, garlic, chili powder, cumin and salt. Stir well.
4. Simmer on low, covered, for at least 35 minutes to combine flavors nicely.

**Sweet Cornbread**

A delicious cornbread with the option of adding jalapenos for a spicy variation

Ingredients:

⅔ c butter, softened

1 tsp salt

⅔ c sugar

3 large eggs

2 c cornmeal

1-⅔ c milk

1-⅓ c flour

4-½ tsp baking powder

*optional - 1 jalapeno pepper, chopped*

1. Preheat oven to 400o.  Spray a 9x13 glass baking dish with non-stick spray.
2. Beat margarine and sugar in a large bowl with electric mixer until smooth.
3. In a separate bowl, combine cornmeal, flour, baking powder, and salt.
4. Measure milk into a 2 or 4 cup glass measuring cup. Add eggs and whisk to combine with milk.
5. Pour about ⅓ of the milk mixture and ⅓ of the flour mixture into the butter. Whisk until just mixed. Repeat with remaining milk and flour mixtures.
6. Stir in jalapenos, if desired.
7. Spread mixture evenly into the baking dish.
8. Bake in preheated oven until toothpick comes out clean, about 22-26 min.
9. Cool in the pan at least 10 minutes before cutting.