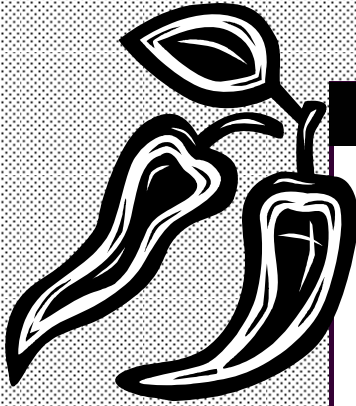


Quick Vegetarian Chili

Great when you need something hot, quick and nutritious. Serves 6.



Pairings

Spicy Zinfandels, Sicilian reds, and Argentinean Malbec.
Syrah/Shiraz including heartier Rhone Valley blends.

Ingredients

1 tablespoon olive oil	1 cup chopped red bell pepper
1 cup chopped onion	½ cup chopped poblano pepper
3 garlic cloves, minced	2 (14 ½ oz.) cans diced tomatoes
	¼ teaspoon black pepper
2 tablespoons chili powder	1 (15-oz.) can black beans, rinsed and drained
1 teaspoon dried oregano	1 (15-oz.) can kidney beans, rinsed and drained
½ teaspoon cumin	1 jalapeño pepper, minced
1 cup chopped green bell pepper	
1 ½ cups chopped zucchini	

Preparation

1. Heat oil in a Dutch oven over medium-high heat.
2. Add onion and garlic. Cook 2 minutes or until tender, stirring constantly.
3. Add zucchini and bell peppers; cook 5 minutes, stirring frequently.
4. Add tomatoes and remaining ingredients, stirring well to combine.
5. Cover, reduce heat, and simmer 20 minutes, stirring occasionally.
6. Serve & enjoy!

The spiciness of the chili can be decreased simply by seeding the jalapeño.

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