



Speedy Meatless Chili

YIELDS: 8 servings

PREP TIME: 30 minutes

Ingredients

- 2 stalks of celery
- 1 medium onion
- 1 zucchini
- 1 green bell pepper
- 15 mL (1 tbsp.) canola oil
- 796 (1 can) of diced tomatoes
- 540 mL (1 can) of lentils
- 540 mL (1 can) of kidney beans
- 250 mL (1 cup) of frozen corn
- 2 mL (½ tsp) chili powder
- 2 mL (½ tsp) pepper
- 2 mL (½ tsp) garlic powder
- 150 mL (⅔ cup) cheddar cheese



Figure 1: Speedy Meatless Chili

EQUIPMENT: can opener | cheese grater | 4 cutting boards | electric skillet | 4 knives | set of measuring cups | set of measuring spoons | small plates, bowls, and forks for sampling | spoon | strainer

Directions

1. Thoroughly wash all vegetables under cool running water.
2. Dice celery, onion, zucchini and bell pepper into small uniform pieces.
3. Heat oil in skillet to medium-high heat.
4. Add onion and celery to skillet and sauté for a few minutes, until softened.
5. Add bell pepper and zucchini and sauté for a few more minutes.
6. Wash the top of the cans and open cans with a can opener.
7. Add a full can of diced tomatoes (do not drain). Break up tomatoes with the back of a spoon.



8. Drain and rinse lentils and kidney beans using a strainer.
9. Add lentils, kidney beans, corn and spices to the skillet and stir. Simmer for approximately 15 minutes.
10. Shred cheese using grater. Sprinkle cheese on top of chili.

CHEF'S TIP: This chili recipe is very versatile. Extra vegetables can easily be added or substituted. E.g., sweet potatoes, carrots, squash and different colours of bell peppers.