

## A Lenten Simple Supper - Vegetarian Chili

### Total Time

Prep: 20 min. Cook: 50 min.

Makes 8 servings

### Ingredients

- 1 medium zucchini, chopped
- 1 medium white or yellow onion chopped
- 1 medium green or yellow pepper chopped
- 1 28 oz. diced tomatoes
- 1 15 oz. can tomato sauce
- 1 15 oz. can pinto beans, drained
- 1 15 oz. can black beans, drained
- 1 15 oz. can white beans, drained
- 1 package McCormick Chili Seasoning



### Directions

In a Dutch oven or large cooking pot, cook zucchini, onions and peppers in vegetable oil over medium-high heat until tender. Add all canned ingredients. Bring to a boil. Reduce heat; cover and simmer 40 minutes or until heated through, stirring occasionally.

### Tip

While this chili recipe is fine on its own, consider ladling it over a bed of noodles or a cup of cooked rice. I often top off this chili with grated cheddar cheese or a dollop of sour cream. Serve with a warm loaf of Italian bread and butter.

### Shopping List

- 1 medium zucchini\*
- 1 medium white or yellow onion\*
- 1 medium green pepper or yellow pepper\*
- 1 28 oz can diced tomatoes
- 1 15 oz can tomato sauce
- 1 15 oz can pinto beans
- 1 15 oz can black beans
- 1 15 oz can white beans
- 1 package McCormick Chili Seasoning
- 1 loaf of Italian bread\*

The items with an asterick (\*) are fresh items which should not be provided in the bag being sent to the Helping Hands Food Pantry. Be sure to purchase and include a Price Chopper or Hannaford gift card for ingredients in the recipe for those items and to purchase a gallon of milk.