

# Vegetarian Chili

## Ingredients:

**3 Tbsp Extra Virgin Olive Oil**  
**1 Red Pepper**  
**3 Garlic Cloves**  
**1 Onion**  
**1 Can of Pinto Beans**  
**2 Cans of diced Tomatoes**  
**1 Can Black Beans**  
**1 Can Chick Peas**  
**2 Lbs. Vegetarian Sausage**  
**1 Cup Vegetarian Broth**  
**3 tsp. Crushed Red Pepper**  
**1 tsp. Cumin**  
**2 tsp. Paprika**



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## Directions:

**Turn on the stove.**

**Put 2 Tbsp. Olive oil into pot.**

**Clean out the seeds of the red pepper.**

**Dice up the red pepper, garlic and onion and add to the pot.**

**Cook until soft or crisp.**

**Add in the can of tomatoes, black beans, pinto beans and chick peas.**

**Boil for 15 minutes.**

**Add in crushed red pepper, cumin and paprika.**

**In a separate frying pan add 1 Tbsp. olive oil.**

**Add in Vegetarian sausage and cook for 10 minutes or more.**

**Break up or crump the vegetarian sausage.**

**Add Vegetarian sausage to the pot and simmer for at least 20 minutes.**