

Pure Food Kids Chili (Southwestern Vegetable Chili)

Ingredients:

- 1 cup chopped sweet onion (medium)
- 4 cloves garlic, minced
- 1 green pepper, chopped
- 1 red pepper, chopped
- 1 medium zucchini, chopped
- 1 can (15.25 ounces) kidney beans
- 1 can (15.25 ounces) black beans
- 1 canned (28 ounces) diced tomatoes
- 1 tablespoon chili powder
- 1 1/2 teaspoons dried oregano
- 3/4 teaspoons ground cumin
- 1 1/4 teaspoons sea salt
- 1/4 teaspoon ground black pepper
- 1 tablespoon vegetable or olive oil
- 1 cup whole kernel corn (fresh or frozen)
- 1/2 bunch cilantro, chopped

Directions:

1. Prepare and measure all the ingredients, chop onion and zucchini, minced garlic, chopped green and red bell peppers. Measure all the spices into a small bowl.
2. Open, drain, and rinse the beans. Open the can of tomatoes.
3. Add oil to a medium soup pot over medium high heat.
4. Add onion and garlic to the soup pot stir and cook for one to two minutes.
5. Add peppers and zucchini and sauté until tender.
6. Add spices and stir until all of the vegetables are well coated.
7. Add the beans and the tomatoes and stir well.
8. Add corn and stir.
9. Turn up the heat to bring chili to a boil. Reduce the heat to low and simmer for 15 minutes.
10. Remove from heat and garnish with cilantro before serving. Enjoy!