

Vegetarian Chili con Elote - McClelland Family
Serves 6.

2 Tbsp. olive oil
1 yellow onion, chopped
1 clove garlic, minced or pressed
1/2 tsp. cumin
1 tsp. chili powder (or 1/2 tsp. cayenne chili powder)
1 & 1/2 tsp. oregano
1 green or red bell pepper
2 c. vegetable stock
1 c. chopped tomato (fresh or canned)
1 c. corn (fresh or frozen)
1 & 1/2 tsp. salt (omit or reduce if using canned beans)
4 c. COOKED kidney or pinto beans (see note * below on how to cook dry beans)

1. Sauté onion and garlic in oil with cumin, chili, and oregano until onion is soft. Add bell pepper. Sauté for 3 minutes. Add stock, tomatoes, corn, and salt (if needed).
2. Mash 2 c. of the beans and add to pot with whole beans. Simmer for 30 minutes covered. If too watery, uncover and cook another 10 minutes.
3. Serve with cheddar cheese, if desired. One variation is to add canned chopped green chilis with stock, tomatoes, and corn.

* To cook dry beans, use 2 cups dry kidney or pinto beans. Sort any rocks or bad beans out. Rinse in cold water, drain. Bring to a boil in 6-8 cups cold water. Turn down heat; add 1 tsp. salt and simmer for about 2 hours.