

MICHAEL'S VEGETARIAN CHILI

<http://andreasrecipes.com/2006/05/18/michaels-vegetarian-chili/>

Makes about 7 quarts.

Equipment

8-quart stock pot with lid

Ingredients

3 tablespoons olive oil
1 large onion, cut into 1/2-inch chunks
1 green bell pepper, cut into 1/2-inch chunks
1 serrano pepper, seeded and minced
1 jalapeño pepper, seeded and minced
1 anaheim pepper, seeded and minced
10 cloves of garlic, minced
2 tablespoons dried basil
2 tablespoons dried oregano
4 tablespoons ground cumin
1 teaspoon ground cinnamon
5 tablespoons chili powder
1 tablespoon dried dill
1/2 teaspoon kosher salt
1 pound (454 g) yellow squash, cut into 1/2-inch chunks
1 pound (454 g) zucchini squash, cut into 1/2-inch chunks
2 pounds (~900 g) roma tomatoes, cut into chunks
1 (28 ounce/794 g) can crushed tomatoes
1 (8 ounce/227 g) can tomato sauce
1 (15 ounce/425 g) can black beans, drained and rinsed
2 (15 ounce/425 g) cans kidney beans, drained and rinsed
1 (15 ounce/425 g) can garbanzo beans, drained and rinsed
1/2 bunch cilantro, rough chopped (reserve some for garnish)
juice of 1 lemon

Preparation

1. Add olive oil to pot over medium-high heat. Add the onions, peppers, and garlic and cook until they start to turn golden. Add the basil, oregano, cumin, cinnamon, chili powder, dill, and salt. Stir and continue to cook until the spices are very fragrant, about 5 minutes.

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2. Add the yellow and zucchini squash and sauté until tender. You can add another tablespoon or two of olive oil as necessary.

3. Add the tomatoes and beans. Fill the can of crushed tomatoes with water and add it to the pot. Cover and cook over medium heat for 10 minutes. Reduce heat to low and cook for at least 30 minutes. The flavors develop the longer it cooks. Taste and adjust seasonings as necessary.

Variations

- If tomatoes are out of season, you can use canned whole peeled tomatoes instead.
- Frozen squash works well in the winter months when they are out of season.
- You can substitute whatever peppers you have on hand. Go for some color.
- If you like spicy foods, go for the gusto. Add a habanero or two. If you prefer a milder version, lower the spices and garlic.
- This can also be cooked in a large slow cooker. After Step 2 dump everything in the slow cooker and cook on high for 5 or 6 hours or low for 7 to 8 hours.