

CROCKPOT VEGETARIAN CHILI

RECIPE SAYS IT SERVES 6 – FOR CARING FOR FRIENDS TRAYS, I THINK IT SERVES 8 OR 9

INGREDIENTS:

1C diced yellow onion

1C diced red bell pepper

1C chopped carrot

1C chopped celery

15 oz can tomato sauce w/no sugar added

15 oz can diced fire roasted tomatoes

15 oz can black beans, drained and rinsed

15 oz can pinto beans, drained and rinsed

15 oz can kidney beans

2 tsp kosher salt (set ½ tsp aside)

1 tsp granulated garlic powder

1 tsp ground cumin

1 tsp smoked paprika

1 tsp mild chili powder

1T fresh lime juice

2T hot sauce (optional)

Grated cheese (optional)

Put all ingredients in the slow cooker EXCEPT lime juice, hot sauce and ½ tsp kosher salt.

Cook on low for 6 hours, then uncover and add lime juice, hot sauce (optional) and the last of the kosher salt (subject to taste).

Serve with grated cheese on top (optional).