

Naturally Vegetarian Chili

Ingredients:

    1 T        Chopped Garlic

   5 Cans  Kidney Beans, Dark Red (preferably with chili gravy)

   2             Red Bell Pepper, chopped

   4 Cans   Tomato Paste

    2 Bags    Quorn Griller or Veggie Ground Crumbles

   3-4 T      Vegetable or Corn Oil

   1             Onion, Chopped

   1 t          Oregano, dried

   1 t          Cumin, dried

   1 t          Paprika, dried

   1 t          Garlic, dried

   1 t          Sea Salt

   24-32 oz Water, depending on can size

   1 t          Red Pepper

  4 T          Chili Powder

Directions:

1, Brown the meat, garlic powder, onion, cumin, oregano, paprika, sea salt on Low Heat.

2. Add Bell Pepper, Onion, Garlic (fresh), on Medium Heat. Cook for 5 minutes.

3. When meat is warm, add Kidney Beans, Tomato paste, add water and Chili Powder.

4. Reduce heat ot Low Heat.

5. Cover and simmer for 30 minutes, stirring occasionally at Low Heat.

6. Add Red Pepper and simmer at Low Heat for 15-20 minutes.