

Cozy Veggie Chili

Ingredients:

- 1 large onion, diced
- 3 cloves of garlic, minced
- 1 green bell pepper, diced
- 1 cup fresh or frozen corn
- 28oz can diced tomatoes
- 14oz can tomato sauce
- 2 cups canned or cooked beans (kidney, black, pinto, etc.)
- 2 tablespoons chili powder
- 2 teaspoons ground cumin
- 1 tablespoon cocoa powder
- 1 tablespoon maple syrup
- 2 tablespoons soy sauce or tamari
- 1 package soy protein (such as Yves Ground Round) *optional

Directions:

1. Chop onions, garlic and bell peppers.
2. Sautee onions and garlic with olive oil in a large pot over medium heat.
3. Add bell peppers, corn and soy protein, stir.
4. Add all remaining ingredients to the pot and stir well to combine.
5. Turn heat to medium-low and simmer for at least 30 minutes, stirring occasionally.
6. Enjoy!