

# Vegetarian Chili

3 cans beans in tomato sauce  
2 cans kidney beans (drain bean juice)  
1 can mixed beans (drain bean juice)  
1 can corn with juice  
1 can chopped tomatoes with juice  
1 tsp vegetable oil  
1 green pepper  
1 onion  
1/2 cup mushrooms  
3 cloves garlic  
1 tbsp chili powder  
1/2 tsp salt  
1/2 tsp pepper

## Directions:

1. Brown onion, garlic and green pepper in frying pan with oil.
2. Combine beans, tomatoes, mushrooms, and corn into a large pot or slowcooker. Add chili powder, salt and pepper.
3. Add the onion and garlic to the pot. Let simmer.
4. Serve with whole-grain bread.

Makes 6 servings