

## Two-Bean Vegetable Chili

*(Eat Your Medicine • See ad on page 18)*

- 2 tsp olive oil
- 1 medium chopped onion
- 2 red bell peppers, chopped small
- 2 medium zucchini and or yellow squash, chopped small
- 1 large sweet potato, chopped small
- 2 tsp ancho or chipotle chili powder
- 1 15 oz can unsalted pinto beans
- 1 15 oz can black beans
- 1 14.5 oz can fire-roasted diced tomatoes
- $\frac{3}{4}$  C salsa
- $\frac{1}{2}$  tsp salt
- $\frac{1}{2}$  tsp cumin powder

1. Heat oil in large saucepan over medium heat until hot. Cook onion 5 mins or until softened, stirring occasionally. Add red bell pepper, squash and sweet potato; cook 2 minutes, stirring occasionally. Stir in chili powder and cumin.

2. Add tomatoes, salsa beans and salt, bring to a boil over high heat. Reduce heat to medium; simmer, covered 15 minutes or until vegetables are tender. Top with cheese and cilantro.

