



Vegetarian Chili with Beans and Corn

If you have a bumper crop of vegetables--like beans, corn and tomatoes, try making this vegetarian chili this autumn.

This is a pretty forgiving recipe, so you can use just about any kind of shell bean that suits your fancy.

It's based on canned beans, canned tomatoes and frozen corn, but homegrown shell beans, just-picked red tomatoes and fresh-from-the-garden corn make it even better.

Quantities of everything can be adjusted according to your preference.

Ingredients 1 16-oz. can black beans, drained and rinsed 1 28-oz. can crushed tomatoes 1 cup frozen or fresh corn kernels 1 medium onion, chopped 4 large cloves garlic, chopped 2 T. mild chili powder ¼ tsp. freshly ground black pepper 1 to 2 T. olive oil

TIP: If using dried beans, wash them well and pick out any that are less than perfect. Place in a pot with twice as much water as beans, bring to a boil and simmer for one hour. Turn off the heat and let soak for an hour, then drain and rinse. If you ever use chilis in your recipes, [click here for a few tips](#)>>

Preparation

Warm olive oil in large pot. Add onion and garlic, and sauté over medium heat until onions are translucent. Add remaining ingredients and bring to boil over medium-high heat; then turn down heat and simmer for 1 hour or until tomato sauce starts to thicken. Serves 4.