

## Dad's <sup>[vegetarian]</sup> Chili

Serves about 10

*Dad's chilli was rather legendary around our home growing up.*

*Then I became a vegetarian in university.*

*At the next Après Ski party dad modified his recipe and made a batch of each.*

*The vegetarian one was completely devoured by the guests...*

*...and now this is the only he makes!*

4x 28oz cans kidney beans, rinsed & well-drained

4x 19oz. cans black beans, rinsed and well-drained

2x 28oz cans tomatoes, well-drained

4 Tbsp. butter or olive oil

3 Lg Spanish onions, cut in half then sliced

3 bell peppers; green/yellow/orange/red

5 celery stalks, chopped

1 small can tomato paste

6 Lg cloves garlic, finely chopped

2 Tbsp chili peppers

5 "good shakes" Worcestershire sauce

chili powder, to taste *after* mixture has heated up

**\*\*It's VERY important to drain tomatoes and beans, well. There's enough moisture in everything else.**

Put beans and tomatoes into heavy pot on stove.

Sauté onions in oil/butter until soft, add garlic for a minute or two...do not burn...add this along with tomato paste to tomato mixture.

Sauté peppers and celery until soft; add to pot.

Add seasonings.

Simmer and stir regularly for at least three hours...the longer the better.

Tastes best when cooled completely and reheated... each time it gets a bit better!

Serve with a fresh loaf of sourdough bread.

**You can feel better.**