



Vegetarian Chili

A high protein family favorite!

1 onion, chopped
1 each red and green pepper, chopped
1 cup frozen corn
1 -2 zucchini, chopped coarsely
2 large carrots, sliced
2 cloves garlic, minced
1 - 2 sweet potatoes, peeled and chopped
1 butternut squash, peeled and chopped
20 oz. diced tomatoes
1 can black beans
2 tbs. olive oil
2 tsp. cumin
1 tsp turmeric
1/2 tsp. each salt and black pepper
2 cups water or vegetable broth

Sauté onion and peppers in olive oil.
When softened, add water or broth and all other ingredients.
Simmer until vegetables are soft.

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