

## Hope's Vegetarian Chili

### Ingredients:

- 1 ¼ cup dried black beans, rinsed (or two cans black beans, liquid reserved)
- 1/3 cup olive oil
- 1 medium onion, chopped
- 3-5 cloves garlic, finely chopped
- 2-5 Tablespoons chili powder (the intensity of chili powders varies widely)
- 1 green chili pepper, minced (optional)
- 1 zucchini, quartered and cut into ¼ inch slices
- 1 yellow (summer) squash, quartered and cut into ¼ inch slices
- 1 carrot, halved and cut into ¼ inch slices
- 1 pkg. Bocca Crumbles (available in frozen food section)
- 2 28 oz. cans chopped tomatoes, including liquid
- 2 teaspoons soy sauce
- 1 Tablespoon Worcestershire sauce
- 1 Tablespoon rice vinegar
- Tabasco to taste
- 2-3 Tablespoons brown sugar
- ¾ cup frozen corn kernels
- tomato paste (optional)

If using dried black beans, follow package instructions to soak and cook beans until just tender. Reserve beans and cooking liquid.

In a large, deep sauté or soup pot, heat olive oil over medium high heat. Add chopped onion and sauté, stirring, until onion starts to brown. Lower heat and add garlic and chili powder. Sauté until chili powder releases its aroma, approx. 1 minute. Add chili pepper, zucchini, squash and carrot, sauté to coat vegetables, approx. 3 minutes. Add crumbled Bocca, stir 1 minute more.

Add canned tomatoes, soy sauce, Worcestershire sauce, vinegar and Tabasco. Cover, cook on a medium simmer until vegetables are tender and tomatoes break down. Add beans and as much cooking liquid as needed to achieve desired consistency. (We like our chili on the thicker side. If chili seems too watery, a small amount of tomato paste may be added to thicken.)

Add brown sugar and corn. Continue to simmer for 5 to 10 more minutes. Taste and adjust seasonings.

Serve with grated cheese, chopped red onion and sour cream, if desired. Also excellent over spaghetti for a "chili mac." This chili can be made a day or two ahead and reheated on the stove before serving.