

ANIMAL, VEGETABLE, MIRACLE

A Year of Food Life

Barbara Kingsolver with Steven L. Hopp and Camille Kingsolver



VEGETARIAN CHILI

1 lb. dry kidney beans, soaked overnight and drained

1 cup chopped carrots

2 large onions, chopped

1 cup frozen peppers (or ½ cup dried)

3 cloves garlic, minced

olive oil

28 oz. canned tomatoes, undrained

4 cups stock or tomato juice

3-5 tbs. chili powder

4-5 bay leaves

1 tbs. cumin

Sautee garlic, peppers and onions in olive oil until golden, add chopped carrots and cook until tender. Combine with beans and remaining ingredients, stir well. Thin with extra water, stock or tomato juice as needed. Cover and simmer for one hour. If you are related to my mother, you have to add 8 oz. of elbow macaroni, 15 minutes before serving.

