



Seven Grain Vegetarian Chili

Ingredients:

- 2 tablespoons olive oil
- 1 small yellow onion, diced
- 1 tablespoon minced garlic
- 1 medium bell pepper, diced
- 2 14.5-ounce cans diced tomatoes
- 15-ounce can tomato sauce
- 15-ounce can black beans
- 8.5-ounce can corn
- 1 tablespoon chili powder
- 1 teaspoon paprika
- 1 teaspoon cumin
- Salt and pepper
- 1 package Nature's Earthly Choice™ Microwavable Seven Grains
- Fresh cilantro, sour cream, and cheese (for topping)

Directions:

1. In a large pot over medium-high heat, warm the olive oil. Add the onion and cook until soft, about 5 to 7 minutes. Add the garlic and bell peppers. Cook until the peppers are tender, about 10 minutes.
2. Add the diced tomatoes (with juices), tomato sauce, black beans, corn, and spices. Mix well and simmer for about 30 minutes.
3. Squeeze the pouch of seven grains to break them up. Add to the pot, mix well, and simmer for 5 minutes. Garnish with cilantro, sour cream, and cheese.