

Recipe – Bean & Corn Chili

This is a quick, satisfying vegetarian main dish as long as you can tolerate the corn

Serves 6 as a main dish

Ingredients:

- 1 15 oz. can of black beans
- 1 15 oz. can of kidney beans
- Small can diced tomatoes
- 2 cups of frozen corn
- 1 t basil
- 2 cloves minced garlic
- Cayenne to taste
- 1 t cumin

Directions:

Rinse the beans well and put in a soup pot

Add the tomatoes and corn

Heat and stir often

Add basil, garlic, cumin and cayenne to taste and heat about 10minutes

If you tolerate some dairy, crumble on a half cup of goat milk feta

Serve with a modest portion of corn chips and a vegetable slaw salad