

Recipe – Raw Chili

Ingredients:

- 6 large tomatoes
- 2 avocados
- 1 cup sun dried tomatoes, soaked a few hours
- 2 TBS fresh ginger
- 1 tsp Celtic salt
- 2 - 4 tsp chili powder
- 2 - 4 tsp ground cumin
- ½ - 2 tsp cayenne
- 4 carrots
- 4 celery stalks
- 2 red pepper
- one red onion, minced
- ¼ C olive oil
- juice of one lemon

Directions:

Blend tomatoes, avocado, and the drained sun-dried tomatoes in a food processor with ginger, salt, chili powder, cumin, and cayenne to desired spiciness. We started with the lesser amount and decided not to add more spice.

Chop all veggies into small cubes and blend with the tomato mixture.

Stir in the olive oil and lemon juice and adjust salt and seasoning to taste.

Serves about 12.