

Ken Umbach's Vegetarian Chili Recipe

Use two cups of dry beans – red, black, Anasazi, or a combination of red and black; pinto beans are also good.

Examine the beans and remove any bad looking ones, pick out rocks, etc. Rinse thoroughly. Soak in plenty of cool water for at least 4 hours (or overnight).

Drain and rinse beans after soaking. Put in large pot (4 quarts). Add one diced onion, diced bell pepper (optional), one package chili seasoning mix, one large can of crushed tomatoes (like a 28 oz. can) or roughly equivalent in combination of canned diced tomatoes and tomato sauce, and one package of Harvest Burger for Recipes. This is now a product of Kellogg's, which bought the Morningstar Farms line from Worthington Foods a few years ago. The product is frozen, pre-browned and ready to use. I believe it has been renamed "Green Giant Harvest Burger for Recipes." If you cannot find it at the grocery store, ask. Good stuff. Also great for vegetarian tacos, to add to spaghetti sauce, and so on. I like it better than hamburger for those purposes, and it is a LOT less of a mess than cooking greasy hamburger.

Add 4 cups of water. Stir, bring to boil. Turn down heat and cover pot. Let simmer (low boil) for 1 hour and 45 minutes, approximately, stirring occasionally. Check beans to be sure they are done enough (this is a matter of preference). Can also add one or two chopped jalapeno peppers (with seeds removed) if desired, before cooking.

Best served with fresh corn bread.