



Autumn's Chili

Ingredients

1/2 cup - olive oil
5 - zucchinis
4 - onions
3/4 lbs shitake mushrooms
15 - cloves garlic
1 - 6lb can diced tomatoes
1 - 6 lb can kidney or mixed beans
2lbs - Smart Ground meat substitute
Chili Powder to taste
1 tablespoon - Ground Cumin seed with sauté,
then add to taste
Whole Cumin Seed to taste
Hot Sauce to taste

Steps

sauté vegetables and garlic

add beans and tomatoes, simmer until delicious!!!

I am sure Autumn also added some secret ingredients of her own!

Cori should have the big pot at his house to make it in.

Make a double batch in '08