



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

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Hearty Vegetarian Chili

- 15 oz. Can Pinto Beans
- 15 oz. Can Kidney Beans
- 10 oz. pkg. Frozen Corn (non-GMO)
- 1-3 tsp. Frontier Mexican Spice, to taste
- 2 tsp. Cumin, ground
- 1 tsp. Olive Oil
- ½ tsp. Sea Salt, to taste
- 1 clove Garlic, minced
- 1 Medium Onion, chopped
- 1 Fresh Whole Carrot, chopped

1. Sauté garlic and onion in olive oil or stock.
2. Add carrot and sauté.
3. Stir in remaining ingredients
4. Simmer in crockpot on low or in pot until veggies are tender.
5. To make a thicker chili, stir 4 tablespoons of corn masa (corn flour) into water.
6. Stir into soup until dissolved.
7. Cook for 10 to 15 minutes or until raw taste is gone.
8. This tasty, meatless chili can be quickly tossed into a crockpot.