

Flavors of Fort Wayne, Indiana



From the Kitchen of: **3 Rivers Natural Grocery**

Black Bean & Veggie Chili

Ingredients:

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|---------------------------------|---|
| 3 yellow Yellow Onions, chopped | 1 1/4 cups Jain's Salsa (made in-store) |
| 1/2 cup Green Bell Pepper | 4 cups Vegetable Stock |
| 1/2 cup Red Bell Pepper | 1 can (14.5 oz) Diced Tomatoes |
| 2 Tbs. Sunflower Oil | 1 can (28 oz) Black Beans |
| 2 Tbs. Cumin Seed | 1 cup Zucchini and/or Summer Squash |
| 1/2 Tbs. Ground Basil | 9 oz frozen Yellow Corn, thawed |
| 2 Tbs. Chili Powder | |

Directions:

1. Sauté onions and peppers in oil. Add spices and sauté for 30 seconds.
2. Add tomatoes, vegetable stock, beans, and salsa. Simmer for 25 minutes.
3. Add squash and corn and simmer until tender, about 30 minutes.



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