

Vegeterian Chili. Romano beans

2 med. onions chopped.

1 cup chop celery

1 lge green pepper

1 lge red pepper (opt.)

Saute in 1 tbs oil.

1 tbs chili powder

1 tsp oregano

1 tsp cumin (opt)

1 tsp salt

1 tsp pepper

1 tbs dry cocoa.

(Used Bon
appetite)

rinse well { 1 can kidney beans

1 can ~~garbanzo~~ ^{Romano} beans

1 can chick peas

1 doz tomatoes (diced)

1 cup salsa (used mild)

1/2 cup bulgar
(simmer)

cook all of above (except
bulgar) for 10 minutes

add bulgar & cook 1/2 hr.

Add 1 can whole kernel
corn & heat.

1 can mushrooms