

Chili



Ingredients:

- 1 package baby bella mushrooms (chopped).
- 2 medium onions (chopped)
- 2 jalapeño peppers (chopped) (optional if you like the heat)
- 3 medium green peppers (chopped)
- 2 cloves garlic (minced)
- ½-1 cup vegetable broth
- 1 teaspoon salt
- 1 tablespoon cumin
- 1 tablespoon chilli powder
- 1 date, minced
- 2 cans kidney beans (drain and rinse)
- 4 cans pinto beans (drain and rinse)
- 2 cans tomato sauce
- 1 can diced tomatoes
- 1 bunch cilantro (chopped)

1 bunch spinach (chopped)

2 limes (juiced) (optional if you like lime)

3 drops lime essential oil

Directions:

Sauté onions and peppers for 5 minutes, then add mushrooms and garlic. Use vegetable broth a little at a time to keep the skillet moist. For an extra smooth chili, blend these with the tomato sauce, then add to a stockpot. Add spices, dates, tomatoes, and beans and simmer 30 minutes. Turn off heat and add herbs and lime.