

Vegetarian Chili

you will need:



2 tsp olive oil



2 cloves garlic



14 1/2 oz stewed tomatoes



15 oz drained kidney beans



15 oz tomato sauce



1 tbsp chili powder



1/2 tsp oregano



1/2 tsp red pepper flakes



1/4 tsp onion flakes

tools:



can opener



pot



measuring spoons



spoon

steps

1



Put oil in pot



Add garlic



Cook on medium heat for 2 min.

2



Open cans



Pour cans into pot



Add spices

3



Cook on medium heat for 20 min.



Serve in bowls-
caution, hot!



Add cheese if desired