

# Vegetarian Chili\*

## *Ingredients*

4 medium zucchinis, chopped  
2 medium onions, chopped  
1 medium green pepper, chopped  
2 medium sweet red pepper, chopped  
1 jalapeno pepper, seeded and chopped (optional)  
1 large sweet potato, chopped  
¼ cup olive oil  
4 garlic cloves, minced  
2 cans Italian stewed tomatoes (28 oz. each), cut up  
1 can (15 oz.) tomato sauce  
1 can (15 oz.) pinto beans, rinsed and drained  
1 can (15 oz.) black beans, rinsed and drained  
1 can (15 oz.) Garbanzo beans, rinsed and drained  
\*\*1 cup of organic vegetable broth  
¼ cup each minced fresh cilantro and parsley (optional)  
2-3 tablespoons of chili powder  
2-3 tablespoons of brown sugar  
1 tablespoon of sweet basil  
1 tablespoon of oregano  
1 teaspoon of Italian seasoning  
2 teaspoons of ground cumin  
Salt to taste

## *Directions*

1. Sauté garlic to release flavor (**careful not to burn**), add zucchini, onions, peppers, and sweet potato-sautéed until mildly tender.
2. Stir in tomatoes, tomato sauce, beans, jalapeno, and all seasonings. Bring to boil over medium heat. Reduce heat and simmer for approximately 30 minutes, stirring occasionally.  
\*\*Add vegetable broth if chili is too thick. Add fresh cilantro and parsley before serving.

## *Nutritional Facts*

1 cup equals 131 calories, 4 grams of fat (traced saturated fat), 0 cholesterol, 622 mg of sodium, 18 grams of carbohydrate, 6 grams of fiber, 5 grams of protein. Yield 16 Servings.

[\\*Taste of Home Recipe](#)

# Cornbread

## *Ingredients*

1 ½ Cups Soymilk  
1 ½ Tbsp. Lemon Juice  
1 Cup Cornmeal  
½ Cup Unbleached All-Purpose Flour  
½ Cup Pastry Flour  
3 Tbsp. Any Type of Sweetener  
½ Tsp. Salt  
1 Tsp. Baking Powder  
½ Tsp. Baking Soda  
2 Tbsp. Oil

## *Directions*

Combine soymilk and lemon juice. Let stand. Preheat oven to 400 degrees. Mix dry ingredients in a large bowl. Add the soymilk and lemon mixture, the oil, and the sweetener (if a liquid sweetener like honey). Stir until just blended. Spread the batter into a lightly oil-sprayed 8-inch square baking dish. Bake 25 minutes or until toothpick inserted comes out clean. Serves 8. Please make a double recipe for the potluck.

# Carrot Salad

1 cup shredded carrots per serving  
1/8 cup or 1 oz. of raisins per serving

A 10-oz. package of shredded carrots has 4 cups, you will need 4 packages.  
You can also grate 15 cups of fresh carrots.

A pound of raisins in any presentation will be needed for 15 servings. The dressing will be provided.

# Garden Salad Recipe

## *Ingredients*

2 heads of lettuce, chopped (Romaine or Iceberg)  
2 cups cherry tomatoes, halved (Or equivalent other type of tomato)  
6 Persian cucumbers, sliced (Or equivalent other type of cucumber)  
2 bell peppers, chopped  
2 avocados, chopped  
Other ingredients: onion, artichoke hearts, carrot, celery, sunflower seeds