



From the kitchen of David and Jennifer Deaven

1. Combine (A) in pressure cooker and cook 20# for 22min.
- A: 1C pinto beans
- B: 2T canola oil
- C: 2C garlic, minced
- D: 28oz tomatoes, chopped (1 can)
- E: 1C water, additional as needed
- F: 1/2C cilantro
- G: 3T chili powder
- H: 1T cumin, ground
- I: 1T oregano
- J: 2C carrots, diced
- K: 1 red pepper, diced
- L: 1 onion, chopped
- M: 1 bay leaf
- N: 1/4C cheese, feta or jack, crumbled

Vegetarian/Squash Chili

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2. Saute (B) in heavy pan until onions are starting to become translucent. Add (C) and saute another 3 minutes. Add (D) and cook about 10 minutes until tomatoes are cooked down a bit and sauce is thick.
3. Add (E), bring to simmer and cook another 15 minutes. Garnish with (F) and serve.

Servings: 4

\$Id: squash_chili,v 1.1.1 2018/12/02 17:44:22 deaven Exp \$

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