

# Vegetable Chili

*A favorite from the kitchen of Steve and Marsha Foy*

This recipe has been modified over time, but the basic recipe is from  
*Dr. John McDougall's Maximum Weight Loss* book.

Makes 20+ servings – great to freeze for lunches

Prep: 20 minutes    Cooking: 30 minutes

\* = chopped, about ½” chunks

+ = rinse canned beans and drain

1 cup water

1 onion chopped

1 each red, yellow and orange bell  
peppers chopped\*

1 zucchini chopped\*

1 yellow straight neck squash chopped\*

1 cup carrots chopped\*

1 cup frozen corn kernels

1 cup frozen peas

1 15oz can each of black, white, kidney  
and garbanzo beans+

1 7oz can chopped green chilies

3 Tbsp chili powder

2-3 Tbsp soy sauce or Brags

1-3 dashes of ground cayenne pepper

Brown onion & bell peppers in water - use a large pot. Stir for ~5 minutes. Add all other items, mix well, and bring to boil. Reduce heat to simmer uncovered for 30 minutes. DONE! Chili is so colorful, quick and delicious - one of our staple meals.

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