

**LOVE STARTS IN THE KITCHEN AND THE BEST DOCTOR IS THE COOK!™**

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### **THIRTY MINUTE VEGETARIAN TWO/THREE BEAN CHILI**

It's a great do ahead dish. Make plenty because this is good to tote to lunch! When you cook by color, with bright bell peppers, red tomatoes and bright green cilantro know that you are doing your body a favor. The darker the color in produce, the better it is for you! Shop Natural Foods for the staples needed in this recipe, and buy organic for the fresh ones.

**Don't forget, too, about Jungle Jims classes – log onto the cooking school and I'd love to see you at one of mine!**

#### **Olive oil**

1 generous cup chopped onions

1 red or other bell pepper, chopped

1 generous teaspoon ground cumin

1 generous teaspoon garlic

Chili powder to taste: start with 2 tablespoons

2 tablespoons tomato paste

2-3 cans beans of your choice: I use black and cannellini beans, well drained

10 ozs or so of frozen corn, thawed, or canned, drained

1 can, 14.5 oz., tomatoes with jalapeno peppers

1-2 cans, 14.5 oz approx. vegetable broth or more to taste

Cilantro, Sour Cream and Grated Cheddar for Garnish

**Film the bottom of the pan with oil. Add onions, pepper, cumin and garlic. Saute until onions and bell pepper are crisp tender. Add chili powder and stir. Add rest of ingredients and bring to a gentle boil. Boil until everything is cooked through, about 20 minutes. Top with garnishes or with cilantro cream:**

#### **CILANTRO CREAM**

Mix together 1/2 cup sour cream or plain yogurt with a generous tablespoon cilantro, a tablespoon of lime juice and as much cumin as you like (start out with 1/4 teaspoon).

#### **READ RITA!**

**My books *Gifts without Ribbons*, *Culinary Herbs that Heal Body and Soul*, *The Official Snack Guide for Beleaguered Sports Parents***

#### **RITA'S YUMMY BREAD BLENDS!**

**Buy them at Jungle Jims.**

#### **RITA AT MACYS!**

**Stop and see me at just about any Macy's store – if you smell something good, it's me cooking up favorite recipes.**

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**Rita Heikenfeld**