

## **Vegetarian Chili**

- 1 cup onions chopped
- 1 cup celery chopped
- 1 whole bulb of garlic
- 2 – 796 ml cans of (roasted) organic tomatoes
- 2 - 540 ml cans kidney beans
- 6 Tbsp wheat free tamari soy sauce
- 6 Tbsp fresh parsley or cilantro
- 3 Tbsp olive oil
- 2 Tbsp chili powder
- 1 ½ Tbsp cayenne pepper
- 2 Tbsp basil
- 1 ½ tsp thyme
- 5 bay leaves

Sauté onions, celery and garlic before combining all ingredients and simmering until vegetables are cooked. Freezes well for quick lunches or dinners.