

Chat N Chew

Fad Diets Season 1-2

Vegetarian Chili

- *Drained black beans*
- *Chili beans*
- *1 can condensed tomato soup*
- *Quinoa*
- *Onions*
- *Garlic*
- *Chili seasoning*

If you want to make your own chili seasoning, mix dried garlic, cumin, dried onion, and chili powder together. Combine all ingredients for the chili together. Simmer for 10 minutes or until heated through. Serve and enjoy!