

Chat N Chew

Dietary Fiber Season 1-1

Vegetarian Chili

- *Diced tomatoes*
- *Chopped onions*
- *Chopped garlic*
- *Hominy*
- *Garbanzo beans*
- *Kidney beans*
- *Carrots*
- *Chili powder*

Simmer on low to medium heat for 20 minutes. Serve and enjoy!