



## **Veggie Chili in Slow Cooker**

- 1 can 29oz. tomato sauce
- 1 jar 16oz. mild salsa (use your favorite kind)
- 1 can diced tomatoes
- 1 can dark red kidney beans
- 1 can light red kidney beans
- 1 can black beans
- ½ chopped onion
- 1 12oz. bag frozen broccoli cuts
- 12 oz. bag frozen carrots
- 12 oz. bag frozen non-gmo corn (optional)
- 1 cup chopped mushrooms (optional)
- ¾ cup chopped peppers (any color)
- 1 tbsp. chili powder
- ½ package of chili seasoning mix

### **Instructions:**

Pour sauce in bottom of slow cooker; add chili powder, chili seasoning mix and mix well. Rinse beans and add to sauce. Add remaining ingredients and mix well.

***Hint:*** Time permitting, I will roast veggies in the oven and place in chili mixture for a unique flavorful taste experience!

I usually slow cook for 6 hours. I have been known to bump up the time and temp in slow cooker to 4 hours.

*As always, feel free to add or take away optional veggies in this dish! It's always fun to experiment with recipes customizing to your favorite taste. The most important thing to remember is to try keeping the ingredients as whole and unprocessed as possible.*

**ENJOY AND FEEL THE HEALTH!!!**