

## Chile Con Elote – submitted by Mark Bayles

Prep time: 15 min .

Total time: 1 hr

Serves 4

A delicious vegetarian variation on traditional chili

### INGREDIENTS

- 1 onion, chopped
- 1 clove garlic
- 2 tablespoons oil
- 1 green pepper, diced
- 1 teaspoon chili powder
- 1 teaspoon cumin
- 1 can chopped tomato,
- 1 8 oz. can corn
- 2 cans cooked kidney beans (drained but reserve liquid)
- 1 1/2 teaspoons salt
- 1 teaspoon oregano

### DIRECTIONS

Saute onion and garlic clove in oil until onion is soft. Crush garlic clove with a fork. Add green pepper and spices. Saute another 2 - 3 min. Add tomatoes and corn. Mash 1 can of beans and add to pot along with 2 whole beans and salt and oregano. Add liquid from beans if mixture is too dry. Simmer 30 min.

Option: serve over tortilla chips (baked) and offer light sour cream and salsa

*Recipe courtesy of Wellness @ Work, [www.uncwellnessatwork.org](http://www.uncwellnessatwork.org).*