



Hearty Veggie Chili

4 SERVINGS

INGREDIENTS

1 Carrot	5 Garlic Cloves	1 1/2 tsp Salt
1/2 Onion	24 oz Strained Tomatoes	3 oz Ginger Ale
1 Jalapeño Pepper	20 oz Cooked Beans	Drizzle Olive Oil
1 Bell Pepper	1 tbsp Chili Seasoning	

DIRECTIONS

- 1 Put the pot on your Solo Stove. Pour enough oil to cover the bottom of the pot. While heating, dice the onion, carrots, peppers, and slice garlic.
- 2 Once the pot is hot, sauté garlic for three minutes. Set aside.
- 3 Sauté the onions and carrots until slightly browned. Season the mixture with chili and salt.
- 4 Add garlic, peppers, and tomato puree to the mixture. Simmer for 40 minutes, stirring occasionally.
- 5 Add beans and ginger ale then simmer for another 10 minutes. Serve hot and enjoy!