

# 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 your pot on the 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 3 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, simmer for another 10 minutes. Serve hot and enjoy.

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