

## **Veggie Chili**

### **Ingredients**

2 tablespoons olive oil  
1 small red onion  
1 small yellow onion  
4 teaspoons chopped garlic  
3 teaspoons chili powder  
2 teaspoons chili flakes  
2 tablespoons cumin  
1 zucchini, celery stalk, or carrot  
1 1/2 cups garbanzo beans  
3 cups black beans  
4 cups kidney beans  
2 bottles Guinness  
1 tablespoon Greek oregano  
2 20-oz cans tomatoes  
1 red pepper  
1 green pepper  
10 cloves  
dash of liquid smoke  
salt and pepper  
4 large bay leaves

### **CILANTRO SOUR CREAM**

16 oz plain yogurt  
8 oz sour cream  
half a bunch chopped cilantro  
salt  
juice from 1 lime and 1 orange

### **Preparation**

Saute onions, celery, and garlic in the olive oil, adding the cumin and oregano halfway through. then add this mix to the beans, along with the tomatoes, the Guinness, and the chili powder and/or chile. Simmer half an hour; then add the rest of the veggies. Simmer slow and low until ready to serve. Top the chili with the Cilantro Sour Cream.