

## Vegetarian Chili

### Ingredients:

Oil

2 onions

2 peppers

3 garlic cloves

1 can red kidney beans

1 can chickpeas

½ cup couscous

1 28 oz. can tomatoes

1 cup salsa

½ cup water

1 tsp. Salt

1 tbsp. Chilli powder

1 tsp dried basil

½ tsp. Each pepper, oregano, cumin

¼ tsp. Cayenne pepper

1 tbsp. Cocoa powder

1 tsp. Sugar

### Method:

Fry onions, peppers, garlic in pot until soft. Add remaining ingredients and bring to a boil. Simmer, covered, for approximately 25 minutes.