

# Harvest Chili

## Ingredients

**2 Tablespoons Cooking Oil**  
**2 Garlic Cloves, minced**  
**1 Medium Green Pepper, chopped**  
**1-1/2 Cups Sliced Fresh Mushrooms**  
**1/2 Cup Chopped Onion**  
**1 Can (28 Oz.) Whole Tomatoes, cut up, undrained**  
**1 Can (15 Oz.) Tomato Sauce**  
**2 Tablespoons Chili Powder**  
**2 Teaspoons Sugar**  
**1 Teaspoon Ground Cumin**  
**1 Can (16 Oz.) Kidney Beans, rinsed and drained**  
**2 Cups Sliced Zucchini**  
**1 Package (10 Oz.) frozen Sweet Corn, defrosted**  
**1-1/2 Cups (6 Oz.) Shredded Cheddar Cheese, optional**

## Directions

**In a skillet, heat oil over medium-high. Sauté garlic, peppers, mushrooms and onion until tender. Add tomatoes with liquid, tomato sauce, chili powder, sugar and cumin; heat to boiling. Reduce heat to low; add beans, zucchini and corn. Simmer, uncovered, about 10 minutes or until zucchini is tender. Spoon into bowls; sprinkle with cheese if desired. Yields 6 servings (2-1/2 quarts).**