



## Greenmarket Recipe Series

**Natural  
Gourmet  
Institute**

### **VEGETARIAN MUSHROOM-VEGETABLE CHILI**

Recipe by Natural Gourmet Institute

YIELD: 6-8 SERVINGS

#### **Ingredients:**

2 tablespoons extra virgin olive oil  
1 large onion, diced\*  
½ teaspoon sea salt  
1 green bell pepper, diced\*  
1 jalapeno pepper, seeded, minced\*  
4 garlic cloves, minced  
1 pound mushrooms (cremini, Portobello and/or shiitake), finely chopped\*  
2 medium zucchini, diced\*  
Kernels from 2 ears of corn\*  
1 tablespoon chili powder  
2 teaspoons ground cumin  
1 teaspoon fresh oregano\*  
4 large tomatoes, diced\*  
2 14-ounce cans of beans (red kidney, pinto and/or black beans), drained and rinsed  
1 cup water  
Juice of 1 lime (about 2 tablespoons)  
Crème fraiche, to serve\* (optional)  
Fresh cilantro, chopped\*

*\*Ingredients available seasonally at your neighborhood Greenmarket*

#### **Procedure:**

1. Heat olive oil in a large pot over medium-high heat. Add onion and salt. Cook until soft, about 3 minutes. Add bell pepper, jalapeno and garlic, and sauté for 5 minutes.
2. Add mushrooms, zucchini, corn, chili powder, cumin and oregano. Sauté until vegetables start to brown, about 5 minutes.
3. Add tomatoes, beans and water; bring to a boil. Reduce heat and let simmer, uncovered, for 15 minutes. Stir in lime juice.
4. To serve, garnish with a dollop of crème fraiche (if using) and cilantro.

For over 40 years GrowNYC's Greenmarket staff, volunteers and farmers have been working together to promote regional agriculture, preserve farmland and ensure a continuing supply of fresh, local produce for all New Yorkers. To learn more about GrowNYC's Greenmarket, gardening, recycling and education programs, visit [www.growNYC.org](http://www.growNYC.org).

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