

Hearty Vegetarian Chili

1 Onion Chopped
1 pepper green or red chopped
1 T mustard seed
1 T chili Powder
1 t cumin seed
16 oz tomato Sauce
3) 15 oz cans of kidney beans
6 oz of tomato paste
3 carrots diced
5 cups of water.



In a large soup pot cook onions in oil until golden. Add mustard seeds cook for a minute. Add rest of the ingredients and bring to a simmer. Simmer uncovered for 40 min.

<http://www.lincolntent.com/GFCF-Soup.html>