**Weeknight Vegetarian Chili**  
*(makes about 6 cups)*

**Ingredients:**  
1 Tbsp olive oil  
1 yellow onion, diced  
4 cloves garlic, minced  
1 bell pepper (any color), diced  
2 large carrots, diced  
2 15 oz. cans kidney beans  
2 15 oz. cans black beans  
1 15 oz. can diced tomatoes with green chilies (or just diced tomatoes)  
3 oz. tomato paste (1/2 of a 6 oz. can)  
1 tbsp chili powder  
½ tsp smoke paprika  
½ tsp oregano  
¼ tsp salt (or to taste)

**Instructions:**  
1. Heat olive oil over medium heat. Add onion and garlic and sauté for 2-3 minutes (or until beginning to soften).  
2. Add the peppers and carrots and continue to sauté for 3-5 minutes.  
3. Add the 4 cans of beans (undrained), diced tomatoes (undrained), tomato paste, and seasonings. Stir to combine.  
4. Let simmer for 10 minutes until flavors blend. Taste and salt as needed. Serve with favorite chili toppings.

Recipe adapted from [https://www.budgetbytes.com/2015/02/weeknight-black-bean-chili/](https://www.budgetbytes.com/2015/02/weeknight-black-bean-chili/).

**Potato Rounds (Easy Potato “Skins”)**

**Ingredients:**  
4 large russet or 5 yukon potatoes (washed)  
3 Tablespoons olive oil  
1 to 2 teaspoons of kosher salt  
1- 2 cups of shredded cheddar cheese  
4 to 7 slices bacon -cooked and crumbled (or 1/2 cup bacon bits)  
Sour cream, optional  
Sliced green onions, optional

**Instructions:**  
1. Pre-heat oven to 400°. Cover a baking sheet with foil and spray with non-stick cooking spray. Set aside.
2. Wash potatoes and then cut the ends of the potatoes off and discard. Next cut the rest of the potatoes into approximately 1/2 inch slices.

3. Brush both sides and edges of the potatoes with olive oil and sprinkle with salt. Place on the foil covered pan and bake for 30 minutes, or until fork tender. Turn potatoes onto the opposite side after about half way, to brown the other side.

4. When potatoes are done, top with cheese, bacon and green onions. Continue baking for 3-5 minutes, or until the cheese in nice and bubbly.

5. Top with a little sour cream and green onions if desired. Enjoy!

Recipe adapted from https://www.iheartnaptime.net/easy-potato-skins-recipe/

### Chickpea Cookie Dough Dip

**Ingredients:**
- 1.5 cups chickpeas (1 can), drained and rinsed well
- 1/8 tsp salt
- 1/8 tsp baking soda
- 2 tsp vanilla extract
- ¾ cup peanut butter
- Milk (will possibly need to thin mixture)
- 1/2 cup brown sugar
- 2-3 tbsp oats
- 1/3 cup chocolate chips

Options for dipping: fruit, graham crackers, vanilla wafers, pretzels

**Instructions:**
1. Add all ingredients (except chocolate chips) to food processor and process until very smooth.
2. Mix in chocolate chips and enjoy with your favorite dippers.