

# THE OTHER SIDE OF THE SPATULA

Living a Tasty Life with Donna DelCora

## Garden Chili

### Ingredients:

From the Spice & Tea Exchange

- 1 tsp **Hickory Smoked Sea Salt**
- 5 tablespoons **Matanzas Chili Spice Blend**
- 2 Tablespoons **Spiced Cocoa Mix Spice Blend**
- ½ ounce **Southwest Spice Blend**

From the Grocer:

- 1 small red onion, chopped
- 2 orange bell peppers
- 1 medium zucchini
- 1 medium yellow squash
- 1 medium eggplant, skin on
- 3 tablespoons olive oil
- 10 diced Roma tomatoes, fresh or canned
- 2 cans tomato sauce (15 ounces each)
- 2 (15 oz) cans dark red kidney beans
- 2 (15 oz) cans black beans
- 2 (15 oz) cans garbanzo beans
- 16 ounces sour cream (or Greek yogurt, if you are health conscious)
- 2 cups shredded cheddar cheese



### Preparation:

Wash and cut vegetables into small cubes, then season with Hickory Smoked Sea Salt.

Line a rimmed baking sheet with parchment paper.

Place vegetables on the parchment-lined sheet and toss with two tablespoons of olive oil.

Roast the vegetables in a hot oven for 15-20 minutes, turning once during cooking.

Meanwhile, heat remaining olive oil in a deep 8-quart saucepan

Add the chopped tomatoes and tomato sauce; **Matanzas Chili Spice Blend** and **Spiced Cocoa Mix**.

Add the beans, heat on low while lightly mashing with the back of a spoon. Bring it to a simmer.

Add vegetables and let simmer for about 20 minutes.

To serve; **Combine Southwest Spice Blend** with sour cream and mix well. Refrigerate until needed.

Pass around the shredded cheddar cheese and a bowl of the sour cream blend to top!

### Notes:

The spices from the Tea & Spice Exchange are preservative-free and have a shelf-life of 1 year.

I like to prepare this recipe in a cast-iron pot with a lid. This type of vessel holds heat and works well for making all types of Chili.

These spices can be purchased online by going to Facebook and accessing The Spice & Tea Exchange of Blowing Rock.

If you would like to find a local store in your area, please Google Store Locator Spice & Tea Exchange. It's worth the visit. There is a good chance you are not far from a location, go in and browse!

**Serving tip: Cornbread and a simple green salad, dressed in a mix of olive oil, Dijon mustard and lemon juice. More recipes at [www.theothersideofthespatula.com](http://www.theothersideofthespatula.com)**