



# WHAT'S COOKING

at Holy Blossom Temple

**We so enjoy Kiddush luncheons following Shabbat morning Family Services, that we're sharing the recipes for our favourite dishes with each other and the rest of the HBT congregation . . . We hope you enjoy them too! \***

## **Heart-Warming Vegetarian Chili From Israel Benishai and Rhonda Wilansky**

1 can of diced tomatoes - 800ml - 28 oz.  
1 can of red kidney beans - 540ml 19 oz.  
1 can of corn Niblets 340 ml = 12 oz.  
2 packs of Veggie ground round (simulated veggie meat), Italian Style 340 ml each  
2 mid size zucchini  
250 gr (1 cup) sliced mushrooms  
½ teaspoon of chili flakes  
Black pepper, salt  
1 tablespoon of parsley

### **Directions**

1. Peel, wash and slice the zucchini. Wash and cut the mushrooms into "small" slices.
2. Sauté the zucchini and mushrooms until tender (about 5 minutes).
3. Rinse and drain the beans and corn.
4. Combine all the ingredients except the parsley in a big pot.
5. Crumble the ground veggie "meat" into the veggies, and mix well.
6. Bring to a boil and let simmer for 20 minutes.
7. Serve on top of rice or couscous, topped with chopped parsley and freshly grated Parmesan cheese .

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