**CHILI CON CORN**

1 lb soy crumbles 1 can kidney beans, rinsed

2 med onions, chopped 1 can tomato sauce

2-3 green peppers, chopped 1 tsp salt

2 cups canned tomatoes 1+ tsp red pepper

1 bay leaf ```` 1/8 tsp blk pepper

1 clove garlic 1 tsp sugar

5 teas chile powder ¼ cup corn

Melt 2-3 teas oil and saute the onions, carrots, celery and peppers in large skillet, Add soy crumbles and brown, Add all ingredients except beans Simmer for 1 hour.