

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	1/4 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.