

**Easy Vegetarian Chili**

1 tablespoon olive oil  
2 cups chopped onion  
3 cloves garlic, minced  
Black pepper, to taste  
4 cups water, divided  
3+ tablespoons Worcestershire sauce  
2 (14.5 oz) cans diced tomatoes, undrained  
1 (16 oz) can chickpeas, drained and rinsed  
1 (15 oz) can black beans, drained and rinsed  
1 (15 oz) can kidney beans, drained and rinsed  
1 (16 oz) can Navy beans, drained and rinsed  
1 (6 oz) can tomato paste  
2% shredded cheddar cheese  
Reduced fat or fat-free sour cream

Heat oil in large Dutch oven at medium-high heat. Add onion, garlic, and pepper. Saute 3 minutes, or until tender. Add 3 cups water, Worcestershire, and all the beans, stirring to combine. Combine tomato paste and 1 cup water in separate bowl, whisking until blended. Stir tomato paste mixture into bean mixture. Bring to boil; reduce heat; simmer 5 minutes, or until thoroughly heated. Serve with cheese and/or sour cream.