



3-Bean Meatless Chili

Serves 12

Ingredients:

15 oz. black beans
12 tomatoes
15 oz. dark red kidney beans
15 oz. tomato sauce
15 oz. pinto beans
1/2 yellow onion
1 jalapeño
2 tablespoons chili powder
1 carrot
1 cup chopped bell pepper
1/2 teaspoon red pepper flakes
1 cup corn
1/8 teaspoon cayenne
6 oz. vegetable crumbles
3 cloves garlic
1/2 red onion
1 teaspoon cumin

Directions:

1. In a large saucepan, cook black beans, tomatoes, kidney beans, tomato sauce, pinto beans, yellow onion, jalapeño, chili powder, carrot, bell pepper, pepper flakes, cayenne, vegetables crumbles, garlic, red onion and cumin on medium heat. Cook until ingredients begin to boil.
2. Once boiling, cover the pan then reduce to low, simmer for 20 minutes.
3. After 20 minutes, pour in corn, cover pan again and cook for 10 minutes.

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CookingMethod: Boil

Diet: High Fiber

FeatureIntro: A healthy chili with robust flavor.

Week: 202102

Season: Winter

RecipeIntro: A healthy choice you can enjoy any time.