



Chunky Three-Bean Chili

Serves 10

Ingredients:

2 1/4 cups water
1 can chili beans
1 can kidney beans
1 can pinto beans
1 can tomato sauce
1 can stewed tomatoes
1 can tomato paste
1 tablespoon chili powder
1 teaspoon oregano
1 teaspoon garlic
1 1/2 cups corn
1 1/2 cups coarsely chopped yellow summer squash

Directions:

1. In a Dutch oven, combine water, chili beans, kidney beans, pinto beans, tomato sauce, stewed tomatoes, tomato paste, chili powder, oregano and garlic. Stir together and bring to a boil. Reduce heat and simmer, uncovered, for 10 minutes.
2. Add corn and squash to Dutch oven. Bring to a boil, then reduce heat to a simmer and cook for 10 minutes, or until squash is tender.
3. Spoon into serving bowls and enjoy.

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RecipeIntro: Healthy, tasty and very easy to prepare.

FeatureIntro: Yummy, hearty and meatless.

Week: 202002

MainIngredient: Kidney Beans

Diet: Vegetarian