



MULTI-BEAN CHILI

Intermediate Lifestyle

Ingredients

- 1 TBS canola oil
- 1 large onion, diced
- 4 cloves garlic, minced
- 3 TBS chili powder
- 1 TBS ground cumin
- 1/4-1/2 TSP ground chipotle chile or cayenne pepper, or to taste
- 1 28-ounce can crushed tomatoes
- 3 medium tomatoes, chopped
- 1 15-ounce can dark red kidney beans, rinsed
- 1 15-ounce can small white beans, such as navy beans, rinsed
- 1 15-ounce can black beans, rinsed
- 3 cups water
- ½ TSP freshly ground pepper

Instructions

1. Heat oil in a Dutch oven over medium heat. Add onion and cook, stirring, until beginning to soften, 2 to 3 minutes. Reduce heat to medium-low and cook, stirring often, until very soft and just beginning to brown, 3 to 4 minutes.
2. Add garlic, chili powder, cumin and chipotle (or cayenne) to taste and cook, stirring constantly, until fragrant, 30 second to 1 minute.
3. Stir in canned and fresh tomatoes, kidney, white and black beans, water and pepper. Increase heat to high and bring to a boil, stirring often. Reduce heat to a simmer and cook, stirring occasionally, until the chili has reduced slightly, 10 to 15 minutes.

Portion-Per-Serving Information (Yields 6 servings): 1 serving = 1-1/2 cups = 1 P