

THREE BEAN CHILI

This recipe makes 6 -7 2-cup servings.

**Ingredients:**

· a little purified water for ‘frying’

· 1 large onion, diced

· 3 bell peppers, diced

· 1 Tbs chili powder

· 1 Tbs cumin

· 1 Tbs oregano

· 1½ cups filtered water

· 1½ cups cooked kidney beans\*

· 1½ cups cooked black beans\*

· 1½ cups cooked pinto beans\*

· 1 large can no-salt diced tomatoes

· Pepper to taste

**\*\*** If you don’t have beans cooked you can use a small can of each type or a mixed bean medley. Make sure that you rinse the beans thoroughly before adding them to the chili.

**Method:**

1. Heat a pot with a little water over medium-low heat.

2. Sweat the onion until softened, about 5-10 minutes.

3. Add bell peppers, chili powder, and cumin. Stir and cook for another minute.

4. Add all the beans, canned diced tomatoes and water to onion mixture.

5. Bring the chili to a boil. Then simmer for 20 - 30 minutes to develop the flavors.

6. Let the chili cool completely and put into the 2-cup glass storage containers. You can freeze the extras but leave one in the fridge for Monday night.

7. Serve it over rice. You can add some salt-free salsa to add more heat.