

Three Bean Chili Recipe:

Serves 6

Ingredients

1 tablespoon Vegetable Oil

1 Onion diced

2 cloves Garlic finely chopped

1 cup Corn fresh or frozen

2 Bell Peppers diced

1 low-sodium chili spice packet

1 cup of low-sodium vegetable broth (optional)

16 ounces Pinto Beans, low-sodium, drained and rinsed

16 ounces Black Beans, low-sodium, drained and rinsed

16 ounces Kidney Beans, low-sodium, drained and rinsed

30 ounces Diced Tomatoes, low-sodium

Optional toppings: cheese, sour cream, avocado, rice and cilantro

Directions

1. In a stockpot, heat vegetable oil over medium heat.

Add onion and garlic, then cook until soft, about 2 minutes. Add corn and bell peppers, then cook until soft, about 5 minutes. Stir in remaining ingredients and bring to a boil.

2. Reduce the heat, cover, and simmer for 25 to 30 minutes, stirring occasionally.

3. Serve immediately or cool completely, then store in the refrigerator or freezer.