

Three-Bean Chili

Prep: 10 minutes | Cook: 35 minutes | Total: 45 minutes

Yield: 6 servings | Serving Size: About 2 cups

Ingredients

1 tablespoon oil
1 medium onion, diced
2 medium bell peppers, diced
1 (15.5-ounce) can red kidney beans, drained and rinsed
1 (15-ounce) can black beans, drained and rinsed
1 (15.5-ounce) can pinto beans, drained and rinsed
1 (28-ounce) can no-salt-added crushed tomatoes
1 (14.5-ounce) can no-salt-added diced tomatoes
1 tablespoon chili powder
1 tablespoon ground cumin
1 teaspoon onion powder
1 teaspoon garlic powder
Drops of tabasco sauce, to taste, optional
Ground black pepper, to taste
Water, as needed to adjust consistency

Directions

1. Heat a large saucepan (pot) over medium heat.
2. Add the oil and heat until shimmering.
3. Add the onion and peppers.
4. Sauté until the onion and peppers soft, about 4-5 minutes.
5. Add the kidney beans, black beans, pinto beans, crushed tomatoes, and diced tomatoes with their liquid. Stir to combine.
6. Stir in the chili powder, cumin, onion powder, garlic powder, tabasco sauce (if desired), and black pepper.
7. Bring to a boil, then reduce heat to low.
8. Simmer for 20 minutes until flavors have blended.
9. If more liquid is needed add small amounts of water until it reaches the desired consistency.
10. Taste and adjust seasoning as needed.
11. Serve warm.

**Nutrition Facts Per Serving: Calories: 330 | Total Fat: 4 g | Saturated Fat: 0.5 g
Sodium: 279 mg | Total Carbohydrate: 58 g | Dietary Fiber: 19.5 g | Protein: 18.5 g**

Inspired by a recipe submitted by Georgina Hignell RD, Northport VAMC
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