



Welcome to My Kitchen



① "3-BEAN MIDWESTERN CHILI"

RECIPE BY ALLIE LARSMAR, MPH, RD, LD

SERVINGS: 5-7

PREPPING TIME: 10 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS

- 1 tbsp Cooking Oil (any kind)
- 1 medium Onion, diced
- ½ Bell Pepper, diced (any color)
- 1-2 Jalapeños, diced
- 1-2 fresh Green Chilis, diced, or one 4 oz can
- 1-2 cups Water
- 3-5 fresh Tomatoes, diced, or one 15 oz can
- 1, 8oz can Tomato Sauce
- 1, 15 oz can Chili Beans
- 1, 15 oz can Black Beans (rinsed) or ¾ cup dried (= 2 cups rehydrated)
- 1, 15 oz can Kidney Beans (rinsed) or ¾ cup dried (= 2 cups rehydrated)
- 4 cloves of Garlic, chopped, or 1 tsp Garlic Powder
- 1 tbsp dried Oregano or 4 tbsp fresh
- 2 tsp Chili Powder
- 1 tsp Cumin
- 1 tsp Paprika
- Salt to taste

DIRECTIONS

1. In a large soup pot, add cooking oil and turn heat to medium.
2. Once the oil has warmed, add onion, bell pepper, jalapeño, and green chili if using fresh, and sauté until soft and caramelized.
3. Add green chili if using canned and 1 cup water, diced tomatoes, tomato sauce, beans, spices, and salt. Add more water if desired, and turn heat to medium-high.
4. Cover and boil until desired consistency.
5. Serve with your choice of grain – bread, rice, pasta, etc. – or potato.
6. Top with green onions, dairy/non-dairy sour cream or cheese, and/or an extra sprinkle of spices.

NOTES

If using dried beans, rehydrate 12-24 hours before cooking.

