

3 Bean Vegetarian Chili

1 red onion, diced
1 red bell pepper, diced
1 green bell pepper, diced
2 tablespoons olive oil
2 tablespoons minced garlic
2 (15 oz) cans cannellini beans, drained and rinsed
1 (15 oz) can pinto beans, drained and rinsed
1 (15 oz) can kidney beans, drained and rinsed
2 (28 oz) cans crushed tomatoes

HERE'S WHAT YOU'LL NEED

1 tablespoon tomato paste
2 tablespoons chili powder
1 tablespoon cumin
1 tablespoon unsweetened dark cocoa powder
1 tablespoon brown sugar
1/4 teaspoon salt
1/4 teaspoon black pepper

LET'S GET STARTED

1. Chop your vegetables and cook over medium high heat, in the pot you in which you will stew the chili, with oil and garlic for about 10 minutes.
2. As your vegetables soften, begin opening all of the cans. Drain and rinse the beans.
3. Combine all the chili ingredients, mix thoroughly to distribute spices evenly. Turn heat down to medium and cover.

You can have your chili stew for as long as desired.