

# three-bean chili with chunky tomatoes

Prep time: 10 minutes  
Cook time: 20 minutes

spice is nice, especially on a chilly night!

- 2 Tbsp canola oil
- 1 C onion, coarsely chopped
- ½ C celery, rinsed and chopped
- 1 C green bell pepper, rinsed and diced
- 1 can (15½ oz) low-sodium black beans, drained and rinsed
- 1 can (15½ oz) low-sodium red kidney beans, drained and rinsed
- 1 can (15½ oz) low-sodium pinto beans, drained and rinsed
- 2 cans (14½ oz each) no-salt-added diced tomatoes with basil, garlic, and oregano
- 1 Tbsp ground cumin
- 1 Tbsp chili powder

- 1 In an 8-quart soup or pasta pot, heat the oil over medium heat until hot but not smoking. Add onion. Cook and stir until onion starts to soften, about 5 minutes.
- 2 Add celery and green pepper. Cook and stir another 5 minutes, until all vegetables soften.
- 3 Add drained and rinsed beans to pot.
- 4 Stir in tomatoes, cumin, and chili powder.
- 5 Bring to a boil. Cover, reduce heat, and simmer 10–20 minutes to blend flavors.
- 6 Serve immediately.

**Tip:** Delicious with rice or a side of **Good-for-You Cornbread** (on page 119).

**Note:** If you can't find beans labeled "low-sodium," compare the Nutrition Facts panels to find the beans with the lowest amount of sodium. Rinsing can help further reduce the sodium level.



**yield:**

4 servings

**serving size:**

2 C chili

**each serving provides:**

calories	443	total fiber	16 g
total fat	8 g	protein	22 g
saturated fat	0 g	carbohydrates	73 g
cholesterol	0 mg	potassium	1,411 mg
sodium	331 mg		