

## Three Bean Chili

<b>Preparation time:</b> 20 minutes	<b>Cook time:</b> 1-1.5 hours
<b>Number of Servings:</b> 6	<b>Serving Size:</b> 1 cup
<b>Ingredients:</b>  Kidney Beans (1) 15oz can Pinto Beans (1) 15oz can Black Beans (1) 15 oz can Tomatoes, Diced (1) 15oz can Onion Flakes 1 tbsp Garlic Powder 1/2 tsp Cumin 1/2 tsp Black Pepper 1/4 tsp Chili Powder 2 tbsp Salt 3/4 tsp Tomato Paste 1/3 cup Sugar 1 tbsp Water 2 cups Salsa 1/3 cup	<b>Kitchen tools needed:</b>  Large Pot Strainer Can Opener Measuring Spoons Measuring Cups
<b>Directions:</b>  1. Optional: Put the diced tomatoes into a food processor for 5-6 pulses. Add to a large pot. 2. Drain and rinse beans; add to the pot. 3. Mix the tomato paste and spices in the water. 4. Combine tomatoes, spices mixture and beans. 5. Over high heat, bring the chili to a boil. Once boiling, reduce the heat to medium-low and continue cooking until flavors are combined and the chili has thickened; approximately 1-1.5 hours. 6. Serve with cheese, sour cream or any of your favorite toppings. 7. Enjoy!	
<b>Variation:</b> Ground beef or turkey can be added to the recipe. Cook the meat ahead of time and add to the large pot.	