



## Three-Bean Chili with Chunky Tomatoes

**Preparation Time:**  
10 minutes

**Cook Time:**  
20 minutes

**Yields:**  
4 servings

**Serving Size:**  
2 cup chili

**Amount Per Serving:**

Calories\* 443

Total Fat: 8g

Saturated Fat: 0g

Cholesterol: 0mg

Sodium: 331mg

Total Fiber: 16g

Carbohydrate: 73g

Protein: 22g

Potassium: 1,411mg

\* Percent Daily Values are based on a 2,000 calorie diet.

- 2 tbsp canola oil
- 1 cup onion, coarsely chopped
- ½ cup celery, rinsed and chopped
- 1 cup 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

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. Add celery and green pepper. Cook and stir another 5 minutes, until all vegetables soften. Add drained and rinsed beans to pot. Stir in tomatoes, cumin, and chili powder. Bring to a boil. Cover, reduce heat, and simmer 10-20 minutes to blend flavors. Serve immediately.

**Tip:** Delicious with rice or cornbread.