



Three Bean Chili

10 Servings • 1 Serving = 1 Cup

INGREDIENTS

- 2 Tablespoons extra virgin olive oil
- ½ medium onion, chopped
- 2 cloves garlic, chopped
- 1 ½ teaspoon ground cumin
- 1 Tablespoon dried oregano
- 1 Tablespoon chipotle in adobo sauce, chopped
- 2 large carrots, chopped
- 3 stalks celery, chopped
- 1 red bell pepper, chopped
- 1 (15 ounce) can black beans, rinsed and drained
- 1 (15 ounce) can pinto beans, rinsed and drained
- 1 (15 ounce) can kidney beans, rinsed and drained
- 2 (12 ounce) cans low-sodium diced tomatoes
- ½ teaspoon salt
- ½ teaspoon freshly ground black pepper
- Optional: cheddar cheese (shredded), tomatoes (chopped), cilantro (chopped), avocado (sliced), tortilla chips

DIRECTIONS

1. In a large pot, heat oil over medium heat and add onion and garlic. Sauté gently, without browning, until softened, about 5-7 minutes. Add the cumin and oregano and stir into the mixture.
2. Add the chipotle and stir. Add carrots, celery, bell pepper, and sauté until the vegetables begin to sweat, about 7 minutes. Add the beans, along with the tomatoes.
3. Bring the mixture up to a boil, then reduce the heat and let simmer for 20 minutes or until vegetables are cooked through.
4. Season with salt and pepper. Serve with cheddar cheese, tomatoes, cilantro, avocado, or tortilla chips.

Nutrition Facts

| | |
|-------------------------------|--------------|
| 10 servings per container | |
| Serving size | 1 cup |
| Amount per serving | |
| Calories | 170 |
| % Daily Value* | |
| Total Fat 3.5g | 4% |
| Saturated Fat 0.5g | 3% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 400mg | 17% |
| Total Carbohydrate 26g | 9% |
| Dietary Fiber 8g | 29% |
| Total Sugars 5g | |
| Includes 0g Added Sugars | 0% |
| Protein 8g | |
| Vitamin D 0mg | 0% |
| Calcium 80mg | 6% |
| Iron 3mg | 15% |
| Potassium 467mg | 10% |

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Developed by The Children's Hospital of San Antonio

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