

THREE BEAN MEATLESS CHILI

By: Jen Gerasimas

Serves: 8

Total time: 3 ½ to 6 ½ hours for slow cooker
or 60 minutes for stove top

Ingredients

- 1 large onion, chopped
- 2 garlic cloves, minced
- 2 cans (14.5 oz) diced tomatoes
- 1 can (6 oz) tomato paste
- 3 Tbsps of chili powder
- 2 tsps of cumin
- 2 tsps of coarse sea salt
- 1 tsp of black pepper
- 2 cans (15 oz) of kidney beans
- 2 cans (15 oz) of black beans
- 2 cans (15 oz) of pinto beans



Directions

For Slow Cooker:

1. In the slow cooker, add all the ingredients except the beans. Stir to combine.
2. For the beans, drain off the top liquid of each can. Then, add the beans and remaining liquid to the slow cooker. Stir to combine well.
3. Cook on HIGH for 3 hours or LOW 6 hours.

For Stove Top:

1. In a large dutch oven or pot, warm a drizzle of olive oil over medium heat. Saute onion until soft and translucent, about 7 minutes. Add the garlic and cook 1 minute longer.
2. Add diced tomatoes, tomato paste, chili powder, cumin, salt and pepper. Stir to combine.
3. For the beans, drain off the top liquid of each can. Then, add the beans and remaining liquid to the pot. Stir to combine well.
4. Increase the heat to high and bring the chili to a boil. Lower the heat to medium or medium low and simmer for 30 minutes.