

# Three Bean Chili



The RV Kitchen



Scan here for more RECIPES

Level	Easy	Prep Time	10 Mins
Servings	6	Cook Time	30 mins

## Equipment:

- 4+ quart saucepan
- Chefs knife
- Cutting board
- Spatula or wooden spoon

## Ingredients:

### From your pantry

- 4 Cloves of Garlic
- Salt and Pepper
- Olive oil
- 1 tsp Cumin
- 1 tsp Chili Powder

### From the store

- 32 oz can of crushed tomatoes
- 16 oz can of chopped tomatoes
- 1 Yellow onion
- 1 Red pepper
- 1 Green pepper,
- 16 oz can of red beans
- 16 oz can of black beans
- 16oz can vegetarian refried beans

## Instructions:

1. Prep - Rough chop the onion and peppers making sure to remove the ribs and seeds from the peppers and don't forget the labels!
2. Cook - Bring the pan to medium heat and add the oil to coat the bottom of the pan. Add in the onions, stir to coat in the oil and add salt and pepper. Cook the onions until softened (approx 3 minutes) and then add the garlic. Cool for two more minutes, being careful not to brown the garlic. Add the peppers and stir. Add salt and pepper and cook the mixture until the peppers soften at 5-6 minutes. Add your tomatoes, and the red and black beans. Stir to mix everything and add the cumin and chili powder. Now is the time to add more or less seasoning depending on how hot or mild you like it. Simmer the chili for 15 to 20 minutes on a slow bubble stirring occasionally. If liquid rises to the surface, stir the pot to incorporate. Add spoonfuls of refried beans to thicken the chili to the desired consistency.
3. Plating - Spoon approximately 2 cups of chili into a bowl and garnish with your favorite toppings like avocado, cheese or a wedge of bread. Put some hot sauce on the table so people can spice it up if they like their food on the hot side.

This recipe freezes well and makes a quick easy meal straight from the freezer. Just slowly reheat in a saucepan over low heat.