

VEGETARIAN BEAN CHILI

Prep time	Cook time	Total time
10 mins	35 mins	45 mins

Serves: 4

Ingredients

- 1 TBSP olive oil
- 2-16oz cans black beans
- 3-16oz can diced tomatoes
- 1 yellow onion
- 1.5 cups water
- 1.5 lb kidney beans
- 2 tsp garlic powder
- 1/2 tsp chili powder
- 1 tsp paprika
- 1 tsp dried oregano
- 1/2 tsp cayenne pepper
- 1.5 tsp cumin
- 1/4 tsp salt
- 1 tsp pepper



Legumes are plants that produce a pod with seeds inside. Common edible legumes include lentils, peas, chickpeas, beans, soybeans and peanuts. Kidney beans and black beans are examples. They are rich in the building blocks of proteins except tryptophan and methionine. Combining beans with whole grains will provide a more complete protein. Most legumes are high in folate, vitamin B6, vitamin B1. Kidney beans are also high in vitamin K. Legumes are also typically high in minerals as well depending on where they are grown.

Instructions

1. Heat oil in a large pot over medium heat and stir in onion. Cook onion is translucent and fragrant
2. Pour the water into the pot
3. Mix the tomatoes, black beans, kidney beans, garlic, chili powder, paprika, oregano, cayenne pepper, cumin, salt, & pepper.
4. Bring pot to a boil & then reduce heat to low. Then cover and let simmer for 30 minutes
5. Top with fresh toppings like green onions

Note: This recipe was passed on to me from a vegetarian friend; therefore, not sure who the author is.