

Quick 3 Bean Chili



What you'll need:

- 2 tablespoons olive or vegetable oil
- 1 onion, diced*
- 2 garlic cloves*
- 1 can (14.5oz) diced tomatoes*
- 2 cans (14.5 oz) Italian style diced tomatoes*
- 1 (8oz) can of tomato sauce*
- 1 cup water
- 1 can kidney beans*
- 1 can pinto beans*
- 1 can black beans*
- 1 green pepper, chopped*
- 2 tablespoons chili powder
- 1 table spoon cumin
- 2 tablespoons white sugar
- 1 tablespoon salt
- 1 teaspoon ground black pepper

Directions:

- Cook onion, pepper, and garlic in oil until onions are translucent
- Add all ingredients to the pot, bring to a boil
- Reduce heat and simmer for 30 minutes

****WIC approved food***