



Columbia Grain™

CULTIVATING GROWTH™

# RECIPE

## Chipotle Vegetarian Three Bean Chili

Celebrate National Chili Day this February with a warming bowl of three bean chili featuring the smoky depth of chipotle peppers in adobo sauce. Kidney, black, and pinto beans bring a bevy of protein and fiber to each serving. Recipe by Healthy Nibbles and Bits.



### INGREDIENTS

#### CHILI





- 2 tbsp olive oil
- 1 medium diced onion
- 2 cloves minced garlic
- 1 stalk sliced celery
- 1 tsp salt, divided
- 1 tbsp chili powder
- 1 tsp ground cumin
- ½ tsp paprika
- 2 roughly chopped chipotle peppers in adobo sauce
- One 14 oz can crushed tomatoes
- 3 cups vegetable broth
- One 15 oz can drained and rinsed pinto beans
- One 15 oz can drained and rinsed black beans
- One 15 oz can drained and rinsed kidney beans

#### OPTIONAL TOPPINGS

- sour cream
- chopped red onions
- chopped cilantro

### INSTRUCTIONS

1. Heat the oil in a large heavy-bottomed pot over medium-high heat. Add the onions and sauté them for about 4 minutes. Add the celery, garlic and 1/2 teaspoon of salt. Sauté for another 3 minutes.
2. Add the chili powder, cumin, paprika, chipotle peppers and the remaining 1/2 teaspoon of salt. Stir to combine the ingredients. Add the crushed tomatoes and broth, cover the pot and bring it to a boil.
3. Remove the cover, add the beans, and reduce the heat to medium. Let the soup simmer for 10 minutes, uncovered.
4. Turn off the heat and let the soup sit for another 10 minutes so that the beans absorb more liquid.
5. Serve the chili in bowls with optional toppings.
6. Refrigerate any leftovers. The chili tastes even better the next day!

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