

Melissa's Bean Chili

Remember chili is just basically onions, tomatoes, beans and chili seasoning. You really can't go wrong. These are just instructions. For a big pot, I'm using 5-6 cans of beans plus lentils, about 3-4 cans of tomatoes and a carton of veggie broth. Again, you can't go wrong.

Ingredients:

- Onion, diced
- Garlic, minced
- Veggie broth (I like an organic, low sodium one)
- Tomatoes: stewed, diced or a combination. Fire-roasted are nice
- Beans: use a variety. We like LOTS of light and dark kidney beans, pinto beans, black beans and a handful of red lentils or any combo of these. Don't skimp on beans. Chili Seasoning to taste—don't skimp; make it flavorful
- Optional: added extra finely diced veggies like red and green bell pepper, zucchini, sweet potato, jalapeno or other pepper.
- Optional seasonings: a nice Italian blend, garlic powder (not garlic salt), smoked paprika, turmeric, chipotle powder, cayenne, adobo, even cocoa or cacao powder. I like spicy chili, so I like to add a chipotle pepper in adobo sauce. These can be found in a can or jar in the Mexican aisle. I like to buy them in the jar so they stay nicer after opening. They add a rich, smoky, spicy flavor, but be careful, they are hot; one goes a long way
- If you like really thick chili, try stirring in about half a can of fat free refried beans or masa harina (fine corn flour).

Instructions:

Saute onion and garlic in veggie broth until onions are soft. Add tomatoes and lots of beans. Add seasonings and extra veggies if desired. Add veggie broth to get to consistency desired.

Add veggie broth to thin if needed.

Serve chili with a great green salad and fresh fruit.

Super easy chili: In a saucepan, combine a nice jarred salsa, a can of black beans and some frozen corn. Ready in minutes!

Tip: While you are cooking anyway, make a big pot of chili. Ladle it into jars while still very hot, and screw on lid tightly. In about 15 minutes you will hear the click as it seals! I still keep them in the fridge, but they will easily stay until you eat them.