

15-Bean Chili



Makes approx 6-8 servings

Ingredients

20 oz (1 lb 4 oz) mixed dry beans (15 bean soup mix minus the flavor packet)
4 tbsp olive oil
1 large onion, finely chopped
2 cloves of garlic, finely chopped
2 celery stalks, chopped
1 cup diced carrot
1 red bell pepper, finely chopped
1 cup frozen corn
1 28 oz can diced tomatoes (low sodium)
3 tbsp tomato paste
1/2 cup water
1 1/2 tbsp chili powder
1 tbsp cumin
2 tsp oregano
Shake of cayenne pepper to taste

Directions

Soak the beans overnight. Drain and rinse.

Place the beans in a large pot and cover with water. Bring to a boil on medium until beans are soft – 30-45 minutes.

In a separate pot cook the onions, garlic, celery, carrots, peppers in olive oil over medium heat until they are softened.

Add tomatoes, tomato paste, corn, water, chili powder, cumin, oregano and cayenne pepper. Mix together and bring to a boil.

Drain and rinse the beans, and add them to the vegetables.

Serve with your favorite toppings, on it's own, or in tacos or a taco salad!

