

Crock Pot Black Bean Chili

2 Tbsp. olive oil	10 oz. package of freezer corn
2 large onions, diced	2 (15 oz.) cans black beans
3 cloves garlic, minced	1 cup picante or taco sauce
1 red bell pepper, chopped	
1 green bell pepper, chopped	
3 (14 oz.) cans diced tomatoes, undrained	
2 tsp. cumin	
1 Tbsp. chili powder	
½ tsp. crushed red pepper flakes	

Instructions:

- In a heavy skillet, sauté onions in the olive oil until tender, stirring frequently. Add garlic and cook 2 minutes longer. Add cumin and cayenne pepper, and whatever other spices you might like. Cook for two minutes longer.
- Mix all ingredients into a 4-5 quart slow cooker. Cover and cook on low about 10 hrs. If you have a newer, hotter cooking crockpot, cook on low for 6-7 hrs.

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