

Eat Well Recipe

3 Bean Chili

Ingredients:

- 15 oz. can kidney beans, drained and rinsed
- 15 oz. can black beans, drained and rinsed
- 15 oz. can pinto beans, drained and rinsed
- 14 oz. can spicy diced tomatoes, undrained
- 8 oz. can tomato sauce
- 1 Tbsp. chili powder
- 1/8 tsp. crushed red pepper flakes
- 1 onion, chopped, if desired

Directions:

Combine all ingredients and put in a 4-5 quart crockpot. Cover and cook on low for 5-6 hours, until mixture is blended and thickened. Serve with sour cream and grated cheese, if desired. Makes six servings.

This recipe is provided by SHS Wellness Programs.

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