Hearty Bean & Tomato Chili

Grocery List

* ¼ C EVOO
* 2 Tbsp. Unsalted Butter
* 1 Red Onion, diced
* 2 cloves Garlic, crushed and chopped
* 2 Green Onions, sliced
* 2 stalks Celery, diced
* 2 Jalapenos, seeded and diced
* Green Bell Pepper, seeded and chopped
* Orange Bell Pepper, seeded and chopped
* 796ml can Diced Tomatoes with chili accents (regular tomatoes are fine as well)
* 540ml can Cannellini Beans, drained and lightly rinsed
* 540ml can Black Beans, drained and lightly rinsed
* 540ml can Red Kidney Beans
* 2 heaping TBSP. Refried Beans
* 1/3 C. Tomato Sauce
* Sea Salt
* ½ Tsp. Black Pepper
* ¼ Tsp. ground White Pepper
* ¼ Tsp. Minced Onion
* ¼ Tsp. Cayenne pepper
* ¼ Tsp. Chili Powder
* ½ Tsp. Red Pepper Flakes



Prep Time: 15 Min

Cook Time: 1 Hr +

1. In a large sauce pan, bring to temperature on medium and add the butter and evoo. Once combined, add in the garlic and stir often for 2 minutes.
2. Add in the green and red onion and a pinch of sea salt. Continue frying 3 minutes before adding in the red pepper flakes and stirring to combine.
3. Add in the green and orange bell pepper, jalapeno, celery, and a good pinch of sea salt. Continue frying 5 or 6 minutes until vegetables start to become tender.
4. Add the cannellini, black, and kidney beans, diced tomatoes, tomato sauce, another pinch of sea salt, and the entire remaining spice mix. (Black / White pepper, minced onion, cayenne, and chili powder)
5. Bring to a boil on medium heat. Once boiled, stir in the refried beans and reduce the heat to medium low. Cover and simmer one hour stirring occasionally to keep beans from sticking to the bottom of the pan.
6. Remove the lid and allow to simmer 15 minutes to thicken up prior to serving.

\*\*The longer the chili simmers the more intense the flavours will become so feel free to leave it on low for a few hours before service!