



# Three Bean Chili

10 Servings • 1 Serving = 1 Cup

## Tips on Bean



### How To Store

Store them in food-safe storage containers with tight fitting lids away from light



### How To Use

Add to salads, soup and chili or use as a side with roasted vegetables



### Health Benefits

Lower blood sugar and promotes healthy cholesterol levels

## INGREDIENTS

- 2 tablespoon extra virgin olive oil
- ½ medium onion, chopped
- 2 cloves garlic, chopped
- 1 ½ teaspoon ground cumin
- 1 tablespoon dried oregano
- 1 tablespoon chipotle in adobo sauce, chopped
- 2 large carrots, chopped
- 3 stalks celery, chopped
- 1 red bell pepper, chopped
- 1 (15oz) can black beans, rinsed and drained
- 1 (15oz) can pinto beans, rinsed and drained
- 1(15oz) can kidney beans, rinsed and drained
- 2 (12oz) cans low-sodium diced tomatoes
- ½ teaspoon salt
- ½ teaspoon black pepper
- Optional: cheddar cheese (shredded), tomatoes (chopped) avocado(sliced), tortilla chips

## DIRECTIONS

- In a large pot, heat oil over medium heat and add onion and garlic. Sauté gently, without browning, until softened, about 5-7 minutes. Add the cumin and oregano and stir into the mixture.
- Add the chipotle and stir. Add carrots, celery, bell pepper, and sauté until the vegetables begin to sweat, about 7 minutes. Add the beans along with the tomatoes.
- Bring the mixture up to a boil, then reduce the heat and let simmer for 20 minutes or until vegetables are cooked through.
- Season with salt and pepper. Serve with cheddar cheese, tomatoes, cilantro, avocado, or tortilla chips .

## Nutrition Facts

10 servings per container  
**Serving size 1 cup (257g)**

**Amount per serving**  
**Calories 150**

	% Daily Value*
<b>Total Fat</b> 3.5g	<b>4%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 230mg	<b>10%</b>
<b>Total Carbohydrate</b> 24g	<b>9%</b>
Dietary Fiber 9g	<b>32%</b>
Total Sugars 4g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 8g	
Vitamin D 0mcg	<b>0%</b>
Calcium 85mg	<b>6%</b>
Iron 2mg	<b>10%</b>
Potassium 526mg	<b>10%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



### FIND MORE RECIPES

SCAN THE QR CODE OR VISIT  
[chefsa.org/recipes](https://chefsa.org/recipes)



[www.chefsa.org](http://www.chefsa.org)  
 5200 Historic Old Hwy 90  
 San Antonio, TX 78227

The Culinary Nutrition Education  
 Program Of The San Antonio Food Bank

This institution is an equal opportunity provider.



Supplemental  
 Nutrition  
 Assistance  
 Program