

# RECIPE

## Three Bean Chili

*Makes 4 servings.*

### INGREDIENTS

- **1 tablespoon olive oil**
- **1 large onion, diced**
- **3 cloves garlic, minced (or 3 teaspoons garlic powder)**
- **2 jalapenos, diced with seeds removed**
- **3 tablespoons chili powder**
- **1 can (15 oz) black beans, drained and rinsed**
- **1 can (15 oz) kidney beans, drained and rinsed**
- **1 can (15 oz) pinto beans, drained and rinsed**
- **1 can (28 oz) diced tomatoes, with juices**
- **1 1/2 cup water**

1. In a large pot, heat olive oil over medium heat, cook onion for 7 minutes or until tender.
2. Add the garlic, jalapeno, and chili and cook for 1 minute or until fragrant.
3. Add the beans, tomatoes, and water or broth. Bring to a boil, reduce heat, cover with a lid leaving room for steam to escape, and simmer for 15-20 minutes, stirring occasionally.
4. Add more liquid as needed. Serve hot.

#### Nutrition Facts:

Calories: 328 Carbs: 46g Fat: 6g Saturated Fat: 0.6g Protein: 16g Sodium: 402mg Sugar: 4g Fiber: 20g



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