

Three Bean Chili

This hearty soup is perfect for a brisk fall or winter day. It's full of staying power and won't leave you hungry.

Ingredients:

- 4 cups of your favorite whole grain, cooked (bulgur, brown rice, quinoa, etc.)
- 1 large onion, chopped
- 2 cloves garlic, minced or pressed
- 2 bell peppers (any color), seeded and chopped
- 2 stalks celery, chopped
- 2 carrots, chopped
- 2 cups mushrooms, chopped
- 1 jalapeno pepper, seeded and chopped
- 1 15 oz. can low sodium kidney beans, drained and rinsed
- 1 15 oz. can low sodium black beans, drained and rinsed
- 1 15 oz. can low sodium chickpeas, drained and rinsed
- 2 28oz. cans low sodium diced tomatoes, with juices
- 1 6oz. can tomato paste
- 1 15 oz. can corn
- 1 apple, chopped
- 2 bay leaves
- 2 Tbsp chili powder
- 2 tsp coriander
- 2 Tbsp whole grain Dijon mustard
- 1 Tbsp un-sulfured blackstrap molasses
- ½ cup chopped parsley or cilantro
- Salt and pepper, to taste

Instructions:

1. Saute onion in your cooking liquid of choice on medium heat in a soup pot for 5 minutes.
2. Add garlic, bay leaves, bell peppers, celery, carrots, mushrooms, and jalapeno, and cook 5-10 minutes (add water, 1 Tbsp at a time, to prevent burning).
3. Add beans, water, tomatoes, tomato paste, corn, apple, remaining seasonings, mustard, and molasses. Cover and simmer on low heat for 20-30 minutes.
4. Pour chili over your choice of whole grain, top with parsley or cilantro, and season with salt and pepper as desired. Enjoy! *Note: store any leftover chili separately from the whole grain.



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