

## Three Bean Veggie Chili

### Ingredients:

15 mL	1 tbsp	vegetable oil
1	1	medium onion, chopped
1	1	red pepper, diced
1	1	green pepper, diced
250 mL	1 cup	mushrooms, sliced
15 mL	1 tbsp	chili powder
10 mL	2 tsp	cumin
5 mL	1 tsp	garlic powder
10 mL	2 tsp	dried oregano
1	1	28 oz (796 mL) can diced tomatoes
1	1	19 oz (540 mL) can red kidney beans, rinsed and drained
1	1	19 oz (540 mL) can chick peas, rinsed and drained
1	1	19 oz (540 mL) can black beans, rinsed and drained

### Preparation:

1. In a large saucepan, heat oil over medium-high heat. Add onion, red and green pepper and mushrooms. Cook until vegetables are tender, about 10 minutes.
2. Stir in chili powder, cumin, garlic powder and oregano. Cook for 1 minute.
3. Add diced tomatoes and drained and rinsed kidney beans, chick peas and black beans. Mix thoroughly.
4. Bring to a boil, stirring often. Reduce heat, cover and simmer for 15 minutes.

Makes 8 to 10 cups

Preparation Time: about 35 minutes

### Equipment:

- knife and cutting board
- large saucepan
- can opener
- colander
- spoon

### Canada's Food Guide Servings:

1 cup of veggie chili is 1 VEGETABLE AND FRUIT serving and 1 MEAT AND ALTERNATIVE serving

