

FOUR-BEAN CHILI

- 1 large onion, coarsely chopped
- 1 stalk of celery, coarsely chopped
- 1 green, red, yellow or orange bell pepper, coarsely chopped
- 2 Tablespoons olive oil
- 2 15 oz. cans kidney beans, rinsed and drained
- 1 15 oz. can black beans, rinsed and drained
- 1 15 oz. can garbanzo beans, rinsed and drained
- 1 15 oz. can pinto beans, rinsed and drained
- 2 15 oz. cans diced tomatoes
- 1 small can tomato paste
- 2 Tablespoons blackstrap molasses
- 1 teaspoon good quality salt (more or less to taste)
- 1 teaspoon cumin (more or less to taste)
- 1-3 teaspoons chili powder (more or less to taste)
- 1/2 teaspoon turmeric* (optional)
- 1/4 teaspoon cayenne pepper (optional, more if you like “hot” chili)
- 4 cups vegetable stock or water (more or less depending on soup thickness you prefer)

Sauté chopped onion, celery and pepper in olive oil in a large pot or Dutch oven until partly soft. Add remaining ingredients and simmer for one hour, stirring occasionally. Adjust liquid and spices to your taste.

Serve with cornbread and a sprinkle of Parmesan or other cheese, if desired.

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Chili, like most soups, gets more flavorful with age. This recipe will keep up to one week in the refrigerator and may be frozen as well.

Notes:

- 1) You can use other types of beans and more of one or the other according to your taste or what you have on hand.
- 2) You can use dry beans that have been soaked and cooked in place of canned beans. Be sure to cook the beans first. Use a total of about 8 cups of cooked beans in whatever combination suits you.
- 3) If you have it, using home canned or frozen tomatoes and tomato paste will increase flavor and nutrition.
- 4) You can experiment with the seasonings. I added the turmeric and extra cayenne pepper (chili powder has some in it) when I found out how good they are for you.
*Turmeric has a warm, spicy flavor and I think it enhances the flavor of the chili, but you can leave it out and still have a great chili.