



@KICKCRAMPSASS

INGREDIENTS

- 1 MEDIUM RED ONION, DICED
- 3 GARLIC CLOVES, MINCED
- 1/2 GREEN BELL PEPPER, DICED
- 1/2 RED BELL PEPPER, DICED
- 1/2 CUP CORN
- 1 1/2 CUPS TOMATOES, DICED
- 3 TBSP TOMATO PASTE
- 2 CUPS PINTO BEANS, COOKED
- 1 CUP RED BEANS, COOKED
- 1 CUP BLACK BEANS, COOKED
- 1 TABLESPOON CUMIN
- 1 TABLESPOON CHILI POWDER
- 1 TABLESPOON ONION POWDER
- 1 TABLESPOON GARLIC POWDER
- 1 TABLESPOON CAJUN SEASONING
- 1 TEASPOON BLACK PEPPER
- 1 TEASPOON SMOKED PAPRIKA
- 1/4 TEASPOON CAYENNE PEPPER
- 1 JALAPEÑO (OPTIONAL)
- 1/4 CUP WATER
- 1 CUP VEGETABLE STOCK

NUTRITION FACTS

- CALORIES: 329
- TOTAL FAT: 2.53G
- SATURATED FAT: 0.46G
- SODIUM: 220MG
- POTASSIUM: 1305MG
- TOTAL CARBOHYDRATES: 62.86G
- DIETARY FIBER: 19.5G
- SUGARS: 7.82G
- PROTEIN: 19.28G
- VITAMIN A: 2854IU
- MAGNESIUM: 137MG
- PHOSPHOROUS: 346MG
- VITAMIN C: 43.6MG
- CALCIUM: 127MG
- IRON: 6.96MG
- VITAMIN K: 21.2UG
- ZINC: 2.59MG
- VITAMIN E: 3.5MG

THREE BEAN VEGAN CHILI

SERVES 4: 10 OZ BOWLS

PROCEDURE

- 01** IN A LARGE POT, ADD WATER AND TURN TO MEDIUM HEAT. SAUTÉ THE ONION, BELL PEPPERS, GARLIC, AND HALF OF THE SPICES FOR 3-5 MINUTES.
- 02** MIX IN THE TOMATOES AND SAUTÉ FOR ANOTHER 5 MINUTES.
- 03** NOW ADD ALL REMAINING INGREDIENTS. BRING TO A BOIL THEN SIMMER FOR ABOUT 15 MINUTES. ADD MORE WATER OR VEGETABLE STOCK TO EASE THE THICKNESS.
- 04** SERVE OVER QUINOA OR WILD RICE.
- 05** ENJOY!