

Best Choice

Three Bean and Beef Chili

Ingredients:

- 1 Tbsp Best Choice Olive Oil
- 1 onion, diced (1 cup)
- 1 red bell pepper, diced (1 cup)
- 2 carrots, diced (1/2 cup)
- 2 tsp Best Choice Ground Cumin
- 1 lb. extra lean ground beef (90% lean)
- (1) 28oz can Best Choice Tomatoes, crushed
- 2 cups water
- 1 chipotle chile in adobo sauce, seeded and minced
- 2 tsp adobo sauce from the can of chipotles
- 1/2 tsp Best Choice Dried Oregano
- Best Choice Salt and freshly ground black pepper
- (1) 15.5oz can Best Choice Black Beans, drained and rinsed
- (1) 15.5oz can Best Choice Kidney Beans, drained and rinsed
- (1) 15.5oz can Best Choice Pinto Beans, drained and rinsed

Instructions:

Heat the oil in a large pot or Dutch oven over moderate heat. Add the onion, bell pepper and carrots, cover and cook, stirring occasionally until the vegetables are soft, about 10 minutes. Add the cumin and cook, stirring, for 1 minute. Add the ground beef, raise the heat to high and cook, breaking up the meat with a spoon, until the meat is no longer pink. Stir in the tomatoes, water, chipotle and adobo sauce, oregano, salt and pepper. Simmer, partially covered, stirring from time to time, for 30 minutes. Stir in the beans and cook, partially covered, 20 minutes longer. Season, to taste, with salt and pepper.

