three bean tomato chili



featured product:
SUPERGREENS!

get the bowls ready because this chili is as cozy and inviting as it is tasty.

simple enough to toss together in a pot, and with an added nutritious punch from our SUPERGREENS!, this recipe will having you hoping for more cool weather days.

ingredients

1 clamshell **organicgirl SUPERGREENS!**
1 15 oz can black beans
1 15 oz can kidney beans
1 15 oz can pinto beans
1 14.5 oz can fire roasted diced tomatoes
6 oz can tomato paste
1-2 tablespoons olive oil (optional)
1 onion
3 cloves garlic
1 bell pepper
2 ½ tablespoons chili powder
1 teaspoon garlic powder
1 teaspoon onion powder
1 ½ teaspoon smoked paprika
1 teaspoon cumin
½ teaspoon sea salt
¼ teaspoon black pepper
3 cups vegetable broth
2-3 tablespoons flour
avocado
vegan sour cream
vegan cheddar cheese
tortilla strips

directions

1. in a large pot, heat olive oil over medium heat. add diced onion, garlic, and bell pepper. sauté until softened, about 5-7 minutes.
2. add chili powder, garlic powder, onion powder, smoked paprika, cumin, sea salt, and black pepper. stir well and cook for an additional 1-2 minutes to toast the spices.
3. pour in the vegetable broth, fire-roasted tomatoes, tomato paste, black beans, kidney beans, and pinto beans. stir everything together.
4. add the flour to the chili; mix until there are no clumps of flour.
5. reduce heat to low and let the chili simmer for 20-25 minutes, stirring occasionally.
6. stir in organicgirl SUPERGREENS! and cook for another 2-3 minutes, until the greens are wilted.
7. ladle into bowls and top with avocado, sour cream, cheddar, and tortilla strips.