



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 nutritive punch from our SUPERGREENS!, this recipe will have 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.