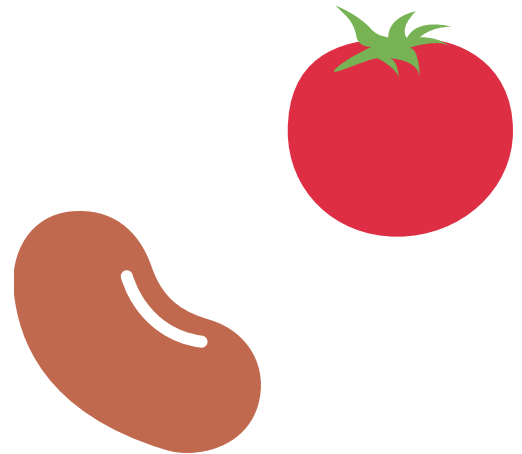


# slow cooker three bean chili

In the mood for comfort food? This chili recipe has the indulgent taste you're looking for, but also offers delicious plant-based protein. Did you know that canned tomatoes are also a good source of the antioxidant, lycopene? It has been shown to help reduce inflammation and protect our bodies against certain conditions such as cancer and heart disease.

## Chili Ingredients:

- 30 oz can kidney beans, rinsed and drained
- 15 oz can black beans, rinsed and drained
- 15 oz can pinto beans, rinsed and drained
- 14.5 oz can diced tomatoes, drained
- 1 small onion, diced
- 2 bell peppers, washed and diced
- 1 cup corn kernels, frozen or canned
- 1/2 tsp garlic powder
- 2 tsp cumin
- 2 tsp chili pepper
- Salt and pepper, to taste
- 2 1/2 cups vegetable broth
- Optional toppings: sour cream/greek yogurt, avocado, jalapeños, chives, tortilla strips, hot sauce, etc



## Directions:

- Add all of the ingredients to a slow cooker and mix well
- Cook for 3-4 hours on "low" or 6-7 hours on "high"
- Enjoy with your favorite toppings

*To make on the stove top, add all the ingredients to a pot, then bring to a gentle boil. Reduce the heat until the chili is simmering, then cover and let simmer for 30 minutes.*