

# three-bean vegetarian chili



Total Time: **1 hour 55 minutes**

Prep Time: **20 minutes**

Cook Time: **1 hour 15 minutes**

Rest Time: **20 minutes**

**ingredients** (Servings: 10 (2 cups per person) as a main course)

2 Tablespoons olive or canola oil

2 Tablespoons chili powder, mild or hot

2 teaspoons each ground cumin, dried thyme and dried oregano

2 cloves garlic, peeled and minced

1 medium onion, peeled and diced into 1/4-inch pieces, about 1 cup

2 medium carrots, peeled and diced into 1/4-inch pieces, about 1 1/2 cups

3 celery stalks, rinsed and diced into 1/2-inch pieces, about 1 1/2 cups

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1 green bell pepper, rinsed, seeded and diced into 1/2-inch pieces, about 1 1/2 cups

1 chipotle pepper, in adobo sauce, finely chopped

2 Tablespoons tomato paste

One 29-ounce can crushed tomatoes with juices

One 29-ounce can diced tomatoes with juices

Three 14 1/2-ounce cans black beans, rinsed well and drained

One 14 1/2-ounce can white cannellini beans, rinsed well and drained

One 29-ounce can red kidney beans, rinsed

well and drained

1/2 cup uncooked instant brown rice

1 medium zucchini, rinsed and diced into 1/2-inch pieces, 1 generous cup

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## directions

**step 1:** Heat the oil in an 8-quart pot over medium-high heat. Add the spices, garlic, diced onion, carrots, celery, bell pepper and chipotle pepper. Stir frequently with a wooden spoon until onions are translucent, about 5–6 minutes.

**step 2:** Add the tomato paste, tomatoes with juices, beans and brown rice and bring to a boil, about 10 minutes. Stir gently from the bottom with a wooden spoon.

**step 3:** Reduce heat to low and simmer, covered, 30 minutes. Stir again gently and simmer, covered, for another 15 minutes.

**step 4:** Gently stir in the zucchini and simmer, covered, for another 15 minutes.

**step 5:** Let rest 20 minutes, uncovered, so flavors develop and chili cools slightly.

**step 6:** The unused portion can be refrigerated in Ziploc® Brand Twist 'n Loc® Containers for up to five days or you can freeze it for up to one month. Reheat in Ziploc® Brand container in microwave (remove container lid before reheating) or in saucepan over low heat.