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Three-Bean Chili with Chunky Tomatoes

- 2 Tbsp canola oil
- 1 Cup onion, coarsely chopped
- 1/2 Cup celery, rinsed and chopped
- 1 Cup green bell pepper, rinsed and diced
- 1 Can (15½ oz) low-sodium black beans, drained and rinsed
- 1 Can (15½ oz) low-sodium red kidney beans, drained and rinsed
- 1 Can (15½ oz) low-sodium pinto beans, drained and rinsed
- 2 Cans (14½ oz each) no-salt-added diced tomatoes with basil, garlic, and oregano
- 1 Tbsp ground cumin
- 1 Tbsp chili powder

- 1) In an 8-quart soup or pasta pot, heat the oil over medium heat until hot but not smoking. Add onion.
- 2) Cook and stir until onion starts to soften, about 5 minutes. Add celery and green pepper. Cook and stir another 5 minutes, until all vegetables soften.
- 3) Add drained and rinsed beans to pot.
- 4) Stir in tomatoes, cumin, and chili powder.
- 5) Bring to a boil. Cover, reduce heat, and simmer 10–20 minutes to blend flavors.
- 6) Serve immediately.

Makes 4 Servings