

# Three Bean Chili

written by admin | January 30, 2012



Cumin and paprika add earthy flavor to this marvelous meatless chili. Serve with a hearty salad and corn bread or corn muffins. This is one of my favorite meals!

## **Equipment:**

Chopping Board  
Baking Sheet  
Large Soup Pot

## **Ingredients:**

2 red bell peppers  
3 Tbsp olive oil  
1 large onion, chopped  
2 tsp ground cumin  
1 tsp crushed red pepper (optional)  
1 tsp paprika  
1/2 tsp salt  
4 garlic cloves, thinly sliced  
2 cups vegetable broth  
1 1/2 cups butternut squash, peeled and 1/2 inch cubed  
1 (28-ounce) can no-salt-added chopped tomatoes, undrained  
1 (15 ounce) can pinto beans, rinsed and drained  
1 (15 ounce) can cannellini beans or great northern beans, rinsed and drained  
1 (15 ounce) can red kidney beans, rinsed and drained  
1/2 cup green onions, thinly sliced

**Directions:**

1. Preheat the broiler. Cut bell peppers in half length-wise. Remove and discard seeds and membranes. Place pepper halves, skin sides up, on a foil-lined baking sheet. Broil 15 minutes or until blackened. Place pepper halves in a zip-top plastic bag; seal. Let stand 15 minutes. Peel and chop peppers. Set aside.
2. Heat a large soup pan over medium-low heat. Add oil to pan; swirl to coat. Add onion; cook 15 minutes, stirring occasionally.
3. Stir in cumin, crushed red pepper, paprika, salt and garlic cloves; cook 2 minutes, stirring frequently.
4. Add bell peppers, broth, squash and tomatoes; bring to a simmer. Cook 20 minutes, stirring occasionally.
5. Add beans; simmer 25 minutes or until slightly thick, stirring occasionally. Sprinkle with green onions to serve.

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