



3 Bean Chili

Serves 8

$\frac{3}{4}$ cup each dried cannellini beans, black beans and pinto beans, cleaned, rinsed, soaked overnight, and drained
1 quart water
1 $\frac{1}{2}$ teaspoons salt
3 tablespoons canola oil
4 Anaheim peppers, roasted and seeded
2 large red or yellow bell peppers, roasted and seeded
1 medium sweet onion, chopped
4 cloves garlic, minced
1 tablespoon chili powder
1 tablespoon dried Mexican oregano
2 teaspoons ground cumin
 $\frac{1}{2}$ teaspoon red pepper flakes
6 Roma tomatoes, peeled, seeded and diced
 $\frac{1}{4}$ cup chopped fresh cilantro
2 green (spring) onions, including tender green tops, thinly sliced

Combine the beans, water, and $\frac{1}{2}$ teaspoon of the salt in a large saucepan over high heat. Bring to a boil. Reduce the heat to low, stir and over partially, simmering 60 to 70 minutes until the beans are tender but still firm. Drain.

While the beans are cooking, coarsely chop the roasted peppers and onion. Set aside.

In a large saucepan, heat the oil over medium heat. Sauté the chopped onion until soft. Stir in the next 5 ingredients and the remaining 1 teaspoon salt. Cook until fragrant, 1 to 2 minutes.

Add the roasted peppers, cooked beans, tomatoes and cilantro and cook on medium high heat for 5 to 6 minutes.

Ladle into bowls and sprinkle with green onions.

Nutritional Analysis:

Calories 280

Fat 6 g

Saturated Fat 0 g

Cholesterol 0 mg

Sodium 460 mg

Carbohydrates 43 g

Protein 14 g

Diabetic Exchanges:

Protein 2

Carbohydrates 3

Fat 1