



3 Bean Chili

Recipe Courtesy Chef Bryan Woolley

3/4 cup each dried cannellini beans, black beans and pinto beans, cleaned, rinsed, soaked overnight, and drained
1 quart water
1 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
1/2 teaspoon red pepper flakes
6 Roma tomatoes, peeled, seeded and diced
1/4 cup chopped fresh cilantro
2 green (spring) onions, including tender green tops, thinly sliced

1. Combine the beans, water, and 1/2 teaspoon of the salt in a large saucepan over high heat. Bring to a boil. Reduce the heat to low, stir and cover partially, simmering 60 to 70 minutes until the beans are tender but still firm. Drain.
2. While the beans are cooking, coarsely chop the roasted peppers and onion. Set aside.
3. 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.
4. Add the roasted peppers, cooked beans, tomatoes and cilantro and cook on med-high heat for 5 to 6 minutes.
5. Ladle into bowls and sprinkle with green onions. Serves 8.

Nutrition Facts

Serving Size: 1/8 recipe (241g)

Calories	280
Total Fat	6g
Saturated Fat	0g
Cholesterol	0g
Sodium	460mg
Carbohydrates	43g
Dietary Fiber	13g
Protein	14g

Diabetic Exchanges

Protein	2
Carbohydrates	3
Fat	1

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