

Vegan Three-Bean Chili

Swick

Serves 1 | Active Time: | Total Time: 40 minutes

Chef's Notes

Nutrition per serving: Nutrition information is a rough estimate.

Calories: 199 | Carbohydrates: 35g | Protein: 10g | Fat: 3g | Saturated Fat: 2g |
Sodium: 247mg | Potassium: 913mg | Fiber: 10g | Sugar: 7g | Vitamin A: 8252IU |
Vitamin C: 80mg | Calcium: 120mg | Iron: 4mg

Step 1: Make the Chili

- 1 yellow onion diced
- 3 cloves garlic finely chopped
- 2 cups carrots chopped (about 3 carrots)
- 1 tbsp coconut oil
- 1/2 tsp sea salt
- 1 red bell pepper chopped
- 1 yellow bell pepper chopped
- 1 can kidney beans (400 ml)
- 1 can white beans (400 ml)
- 1 can black beans (400 ml)
- 2 can diced tomatoes (400 ml each)
- 2 cups water
- 1 tsp cayenne pepper flakes
- 1 tsp cumin
- 1 tsp paprika (or smoked paprika)
- 1 tbsp lemon juice
- pinch sea salt

In a large pot, add onion, garlic, carrots, coconut oil and sea salt. Bring to medium heat and cook to soften (10 mins).

Add bell peppers and continue cooking to soften (10 more minutes).

Open canned beans, rinse and drain well. Add beans to pot with canned tomatoes and water. Stir to combine. Bring to a low simmer, then spice chili with cayenne pepper flakes, cumin, and paprika.

Add lemon juice and sea salt to taste.

Serve chili in bowls with bread, tortilla chips or scooped onto rice.