

RECIPE

FEBRUARY

QUICK VEGGIE CHILI



Prep Time: 5 minutes

Cook Time: 20 minutes

Serves: 6 people

Ingredients

- 2 tablespoons vegetable oil
- 1 can (15 ounces) kidney beans with liquid
- 1 can (15 ounces) black beans
- 2 cans (14.5 ounces each) diced tomatoes with liquid
- 1 can corn, drained
- 2 tablespoons chili powder
- 3 cloves of garlic, minced
- 1 medium onion, diced

Steps

- Heat oil in a large saucepan over medium heat. Saute onions and garlic for 5 minutes.
- Add undrained black beans and kidney beans, tomatoes with liquid and chili powder.
- Add can of drained corn. Stir all ingredients in the pan.
- Reduce heat to low, cover and cook for 10 minutes.
- Serve warm.

