**Quick Bean Chili**

**Ingredients**

* 2 teaspoons olive oil
* 1 medium onion, chopped
* 1 green pepper, diced
* 2 garlic cloves, minced
* ¾ cup water
* 2 tablespoons tomato paste
* 2 teaspoons chili powder
* 2 teaspoons ground cumin
* 1 15.5-oz can garbanzo beans, rinsed & drained
* 1 15.5-oz can kidney beans, rinsed & drained
* 1 15.5-oz can black beans, rinsed & drained
* 1 14-oz can vegetable broth
* 1 can diced tomatoes (low-sodium or no salt added)
* ¼ cup fresh cilantro (optional)
* 6 tablespoons plain yogurt for serving (optional)
* 6 tablespoons shredded cheese for serving (optional)

**Directions**

1. Heat a pot on medium heat and add oil.
2. Add the chopped onion, pepper, and garlic to the pan once the oil begins to sizzle. Sauté for about 3 minutes until the onion turns clear.
3. Stir in water, tomato paste, chili powder, cumin, beans, broth, and diced tomatoes. Simmer for about 8-10 minutes.
4. Remove from heat, add cilantro, and serve with yogurt and cheese.

*Serves 6* ● *Serving Size: 1 1/3 cup* ● *Prep Time: 5 minutes* ● *Cook Time: 15 minutes*

**Supplies**

* Large pot
* Wooden spoon
* Measuring cups
* Measuring spoons
* Cutting board
* Knife
* Strainer

**Chef Tips**

* Try using frozen vegetables instead
* Use ketchup or marinara sauce in place of tomato paste
* Add ground beef, pork, or chicken for a heartier version—add it in the beginning with the onions—you may only need 1 can of beans
* Add quick-cooking or minute rice
* Add fresh spinach, kale, frozen peas, etc., at the end to include more veggies

***Nutrition Facts Per Serving:*** *291 calories, 8 g Fat, 43 g Carbohydrate, 16 g Protein, 407 mg Sodium*