

SLOW COOKER PLANT-BASED THREE BEAN CHILI

INGREDIENTS

Serves 6-8

- 1 can 15 oz. Red Kidney Beans (low sodium) Drained/Rinsed
- 1 can 15 oz. Black Beans (low sodium) - Drained/Rinsed
- 1 can 15 oz. Pinto Beans (low sodium) - Drained/Rinsed
- 1 red onion - diced
- 1 large green pepper - diced
- 1 large red pepper - diced
- 1 jalapeno seeded, diced
- 8 cloves garlic diced/minced
- 2-3 TBS black olives (optional)
- 1 cup frozen corn
- 1 can (28 oz.) crushed tomatoes
- 1 Cup Vegetable broth (low sodium)
- 1 tsp. Unsweetened Cocoa Powder
- 2 tsp. Cumin
- 1 TBSB. Brown Sugar
- 1/2 tsp. Salt
- 1 TBSP. Chili Powder
- 1/4 tsp. Cayenne pepper
- 1 tsp. Oregano
- 1/2 tsp. Garlic Powder
- Splash of Soy Sauce (low sodium)
- Paprika to taste
- Cilantro for garnish

DIRECTIONS

- Place all of the ingredients into the crockpot
- Stir ingredients to mix together
- Cook on high for 2 hours, check to see if beans and veggies are done to your liking, if not continue to cook for up to 30 more minutes
- Serve with a garnish of chopped cilantro
- Cornbread is a great accompanist to this dish
- If you prefer a spicer version simply add an additional medium sized jalapeno pepper without seeds, and diced very small.
- Plant-based meats such as browned burger crumbles, or seasoned and browned seitan chicken strips added just prior to serving is another tasty addition.

