



Three Bean Plant Based Chili Recipe

Ingredients:

- 1 Tablespoon Olive Oil
- 1 Medium yellow onion, chopped
- 3 Garlic cloves minced
- 1 (28 ounce) can crushed tomatoes (can also use diced)
- 1 (4 ounce) can chopped mild green chilies, drained
- 3 Tablespoons chili powder
- 1 Teaspoon cumin
- ½ tsp marjoram
- ½ tsp agave or organic sugar
- 1-2 T. Soy Sauce or Bragg's Liquid Aminos
- Diced Jalapenos (optional)
- 1 can 15.5-ounce black beans drained and rinsed
- 1 can 15.5 ounce Great Northern or White Beans
- 1 can 15.5-ounce Dark Red Kidney Beans
- Salt and pepper to taste
- 1 Tablespoon of mixed seasonings (Bragg's) (optional)

Directions:

- Add olive oil to deep soup pan and sauté onions, garlic
- Add rest of ingredients and bring to a boil and simmer for 45 min. for the flavors to combine
- Serve with soft tortillas or taco chips

Often this tastes even better the next day; after all the flavors have melded.

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