



Vegan Three Bean Chili

SHOPPING LIST:

- Olive oil (2 Tbsp)
- Yellow Onion (1/2, diced)
- Green Bell Pepper (1 pepper, Seeded, diced)
- Red Pepper Flakes (1/4 tsp, optional)
- Black Beans (15oz can, drained and rinsed)
- Kidney Beans (15oz can, drained, and rinsed)
- Chickpeas (15oz can, drained and rinsed)
- Crushed Tomatoes (14oz or ½ of a 28oz can)
- Salt (1 tsp)
- Pepper (1/2 tsp)
- Garlic Powder (2 tsp)
- Chili Powder (2tsp)
- Paprika (2 tsp)
- Ground Cumin (2 Tsp)
- Oregano (1 tsp)
- Low Sodium Broth (1 cup of Chicken or Vegetable)
- Water (1 cup)

SPECIAL INSTRUCTIONS: Have all ingredients prepped, chopped and measured before the demonstration, if you plan to cook along!

EQUIPMENT NEEDED:

- Large Soup Pot