
Three Bean Vegetarian Chili

Goya Foods, Inc. ad

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1 can (15.5 ounce) red kidney beans, undrained
1 can (15.5 ounce) black beans, drained and rinsed
1 can (15.5 ounce) pinto beans, undrained
3 tablespoons extra-virgin olive oil
1/2 medium yellow onion, finely chopped
1 medium carrot, peeled and cut into 1/4-inch pieces
2 small green and/or yellow zucchini, cut into 1/4-inch pieces
2 teaspoons chili powder
2 teaspoons minced garlic
1 pepper, finely chopped
1 teaspoon sauce from a can of GOYA Chipotle Peppers in Adobo Sauce
1 can (28 ounce) crushed tomatoes
1/2 teaspoon GOYA Adobo All-Purpose Seasoning with Pepper
sour cream (optional)
chopped scallions (optional)

In a medium, heavy pot or Dutch oven over medium-high heat, heat the oil. Add the onions and carrots. Cook, stirring occasionally, until the onions soften and the carrots are crisp-tender, about 8 minutes. Add the zucchini, chili powder, garlic and chipotle chile. Cook, stirring occasionally, until the zucchini softens, about 5 minutes.

Stir in the crushed tomatoes, black beans, pinto beans with liquid and red kidney beans with liquid. Bring the liquid to a boil. reduce the heat to low.

Simmer, serving occasionally, until the mixture thickens slightly and the vegetables are completely tender, about 30 minutes. Season with Adobo.

Serve with sour cream and chopped scallions for garnish, if desired.

Soups, Chili, Stew

Per Serving (excluding unknown items): 2408 Calories; 49g Fat (17.7% calories from fat); 128g Protein; 381g Carbohydrate; 112g Dietary Fiber; 0mg Cholesterol; 213mg Sodium. Exchanges: 24 Grain(Starch); 7 1/2 Lean Meat; 3 1/2 Vegetable; 8 1/2 Fat.