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SP.287 / 5.S15 / ESG.SP287 Kitchen Chemistry
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Hearty Three-Bean Chili
From Cooking Light Annual Cookbook, 1996

Ingredients:

- 1 teaspoon vegetable oil
- 2 cups chopped onion
- 3 cloves garlic, minced
- 2 tablespoons chili powder
- 1 $\frac{1}{2}$ tablespoons ground cumin
- $\frac{1}{2}$ teaspoon salt
- 1 (28 ounce) ground tomatoes
- 2 (15 ounce) cans black beans, drained
- 1 (16 ounce) can kidney beans, drained
- 1 (15 ounce) pinto beans, drained
- 1 (14.5 ounce) broth, vegetable or beef
- $\frac{1}{2}$ cup water
- 1 large green pepper, cut into 1 inch pieces
- 1 large sweet red pepper, cut into 1-inch pieces
- $\frac{1}{2}$ cup nonfat sour cream
- $\frac{1}{3}$ cup diced green pepper
- $\frac{1}{3}$ cup diced sweet red pepper

Method:

1. Open the cans of the beans upside down and dump into colander. Opening the cans upside down enables all of the beans to be removed from the can without the use of a spatula. Rinse the beans under running water to remove excess salt.
2. Heat oil in a large Dutch oven over medium-high heat until hot
3. Add onion and garlic; sauté 5 minutes or until onion is tender
4. Stir in chili powder, cumin and salt; sauté 1 minute
5. Add tomato and next 7 ingredients
6. Bring to a boil; cover, reduce heat and simmer 30 minutes, stirring occasionally
7. Ladle chili into individual bowls, and top each serving with 1 tablespoon sour cream
8. Sprinkle diced pepper evenly over each serving
9. Yield: 12 servings of 1.5 cups each.