

# Spicy Three Bean Veggie Chili



## Ingredients

1 large onion, diced	2-3 cups vegetable broth
3 stalks celery, chopped	1/4 cup raisins, roughly chopped
2 carrots, diced	2 tsp coriander
1 red bell pepper, chopped	2 tsp cumin
1 jalapeno pepper, diced	1 1/2 Tbsp chili powder
1 tsp garlic, minced	2 bay leaves
1 can black beans, drained and rinsed	2 Tbsp molasses
1 can red kidney beans, drained and rinsed	1 Tbsp Dijon mustard
1 can navy beans, drained and rinsed	1 Tbsp (vegan) Worcestershire sauce
2 14 oz cans diced tomatoes	2 tsp kosher salt or to taste
1 6 oz can tomato paste	1/2 tsp black pepper or to taste

## Instructions

Slow Cooker instructions:

1. Add onion, celery, carrots, bell pepper, jalapeno, and garlic to a large slow cooker. Add beans, tomato products, 2 cups of broth, and raisins. Mix well, and add seasonings. Cover and cook on high setting for 5 or 6 hours, or low for 8 to 10 hours. Remove bay leaves. Serve with any combination of fresh cilantro, diced avocados, corn, baked potatoes, or warm whole grain tortillas.

Stovetop Instructions:

Add onion, celery carrots, bell pepper and jalapeno to large soup pot. On medium-high heat, pan saute in a small amount of water until almost tender. Add the garlic and saute for 1 minute more. Add beans, tomato products, 3 cups of broth, and rainins. Mix well, and add seasonings. Bring to a boil. Reduce heat to rolling simmer, cover and cook for 90 minutes. Remove bay leaves. Serve with any combination of fresh cilantro, diced avocados, corn, baked potatoes, or warm whole grain tortillas

## Nutrition Information Per Serving

Serving Size:	Fiber
Calories:	Carbohydrates:
Fat:	Protein:
Sodium:	