



## **“Use What You Have” Chili**

Serves 4

Chili is a hearty and flexible way to give a lot of flavor to canned goods. Use what you have on hand to make this recipe - it's delicious with any kind of bean or lentils. Add a pound of ground meat if you have it. Feel free to change up the seasonings with what you like and have available. Add some greens or whatever vegetables you want to use. Skip the beans and add some diced sweet potatoes. The possibilities are endless!

- 1 can beans (black, white, pinto, chickpea or lentils - anything works!)
- 1 can tomatoes (Diced is preferred. If whole is what you have, break them up with your hands into bite sized pieces.)
- 1 diced onion
- 3 cloves diced garlic
- 3 sticks of sliced celery
- 2 diced carrots
- 1 diced bell pepper
- 1 diced jalapeño or other chili pepper (use a bit of hot sauce if you don't have any)
- 1 tsp cumin
- 2 tsp chili powder
- 1 tsp paprika
- 2 cups broth or water

Toppings: yogurt or sour cream, fresh cilantro, diced onions, lime, avocado

Sauté vegetables in oil on medium heat until they start to brown, about 5-10 minutes. Reduce the heat to low. Add the spices, salt and pepper and fresh garlic and sauté - stirring constantly to prevent burning - until they start to become fragrant - about one minute. Add the tomatoes and broth and allow to come to a simmer. Cook for 15-20 minutes until the vegetables are tender. Add the beans and simmer for 5 more minutes. Taste for seasoning and adjust to preference.