

Spicy Chili

Super quick, tasty, and spicy!

Vegan! And, perfect with rice or pasta for a cold, windy day!

PREP TIME: 10 minutes

COOK TIME: 20 minutes

Makes 8 servings

INGREDIENTS

- ❑ 2 tsp olive oil
- ❑ 1 small onion, diced
- ❑ 2 cloves garlic, minced
- ❑ 1 (15 oz) can diced tomatoes
- ❑ 3 (15 oz) can beans (pinto, black, kidney, etc.)
- ❑ ½ cup refried beans
- ❑ 2 tbsp tomato paste
- ❑ 2 tsp cumin
- ❑ 1 tsp paprika
- ❑ 1 tsp chili powder
- ❑ 1 tsp garlic powder
- ❑ 1 tsp salt
- ❑ ½ tsp onion powder
- ❑ ½ tsp black pepper
- ❑ 2-3 cups vegetable broth

INSTRUCTIONS

1. Dice onion and mince garlic.
2. Heat olive oil, and add in onions. Once browned and soft, add in garlic.
3. Add in all beans, diced tomatoes, tomato paste and spices! Mix until combined.
4. Add in vegetable broth and stir.
5. Allow chili to simmer for 15 minutes.
6. Eat with all your favorite toppings!

NOTES

**Optional toppings: avocado, scallions, cheese, sour cream, etc.*

**Perfect with a warm slice of cornbread !*

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