

## Three Bean Chili – Alison Mountford

By Chef Alison Mountford

ACTIVE TIME - 15

TOTAL TIME - 30

SERVES 4

QUICK TIPS - When I was a personal chef this simple and addicting chili was on heavy rotation for the “Freezer Meal” for my clients. It’s packed full of veggies but also is conveniently made with canned beans and tomatoes. Double the recipe and freeze some for later! I love serving it with biscuits or cornbread.

### INGREDIENTS

1 onion  
1 carrot  
2 rib celery  
1 red or green bell pepper  
1/2 teaspoon vegetable oil  
2 Tablespoon chili powder  
2 teaspoon ground cumin  
1.5 teaspoon kosher salt  
1 teaspoon dried oregano  
1 teaspoon red pepper flakes (more or less to taste)  
1 15-ounce can black beans  
1 15-ounce can pinto beans  
1 15-ounce can red kidney beans  
1 28-ounce can crushed or diced tomatoes  
1-2 cups water, to taste  
cheddar cheese (grated for garnish)  
avocado (optional, for garnish)  
Sour cream (optional, for garnish)  
Hot sauce (optional, for garnish)

### INSTRUCTIONS

Dice the onion, carrot, celery, and bell pepper into medium dice. Heat a large pot over medium-high heat and add the oil. Add the veggies and sauté for 2 minutes until fragrant.

Add all the spices: chili powder, cumin, salt, oregano, and red pepper flakes.

Drain and add beans. Add the tomatoes and the juices, plus the water to the pot; stir and bring to a boil. Simmer for at least 15 minutes and up to 30 to build flavor.

Serve bowls of chili with grated cheese, sour cream, and/or avocado on top.

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