

*From the kitchen of David and Jennifer Deaven*

\$id: black\_bean\_chilli,v 1.3 2018/11/26 04:48:05 deaven Exp \$

Servings: 8  
rice.

5. Add (E) and (A), cook at least 10 minutes. Serve over

## Soup/Black Bean Chili

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- A: 1C black bean  
B: 1T canola oil  
1 onion, chopped  
2c garlic, minced  
4T chili powder  
C: 1 red bell pepper, diced  
1 green bell pepper, diced  
D: 1 yellow squash, diced  
1 zucchini squash, diced  
1/2t oregano  
1/2t cayenne pepper  
E: 14oz stewed tomatoes  
2C corn (frozen, canned, or fresh)
1. Cook (A) until soft (pressure cooker or soak and boil).
  2. Put (B) in dutch oven over medium heat, saute 5 minutes until onion is translucent.
  3. Add (C), cook 5-10 minutes until vegetables are soft.
  4. Add (D), cook 5 minutes.



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