

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

Soup/Black Bean Chili

- 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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