



Spicy 3-Bean Vegetarian Chili

6 servings. Recipe adapted from *Woman's Day*

Ingredients

2 tsp ground cumin
1 tsp dried oregano
1/2 tsp chipotle chile powder
2 tbsp vegetable oil
3 large beets
1 large red pepper
1/2 tsp freshly ground pepper (divided)
4 cloves garlic
1 can 28-ounce fire-roasted diced tomatoes
1 can 15.5-ounce black beans
1 can 15.5-ounce red kidney beans
1 can 15.5-ounce pinto beans
1 cup water
1 cup reduced-fat sour cream
1/4 cup fresh cilantro leaves

Nutritional info

Calories:	401
Total fat:	14g
Cholesterol:	17mg
Sodium:	947mg
Total Carbs:	20g
Protein:	17g

Directions

1. In 7- to 8-quart Dutch oven or heavy saucepot, combine cumin, oregano, and chile powder. Cook on medium heat 1 to 2 minutes or until spices are toasted and fragrant. Transfer to sheet of waxed paper; set aside.
2. In same Dutch oven, heat oil on medium heat until hot. Add beets, onion, pepper, and 1/4 teaspoon freshly ground black pepper. Cook 15 minutes or until vegetables are tender, stirring occasionally.
3. Add garlic and reserved spice mixture. Cook 3 minutes, stirring constantly. Add tomatoes, beans, and water. Heat to boiling on medium-high. Reduce heat to medium-low and simmer 5 minutes, stirring and mashing some beans occasionally. Season with 1/4 teaspoon freshly ground black pepper. Makes about 9 cups.
4. Can be prepared up to this point up to 2 days ahead; transfer to airtight container and refrigerate. Reheat before serving.) Divide among serving bowls and top with sour cream and cilantro. Serve with cornbread, if you like.