

Three-Bean Pork Chili

Chili is an easy meal to make using basic pantry staples like canned beans and tomatoes. A do-ahead crowd pleaser, it is delicious made with ground turkey or beef and with extra vegetables like corn and chopped zucchini. Chili is an excellent source of protein and vitamin C.

Makes 8 servings; 1 1/2 cups chili per serving.

INGREDIENTS

1 tablespoon olive or vegetable oil
1 medium yellow onion, diced
1 small green pepper, seeded and diced
2 cloves garlic, minced
1 Tablespoon no-salt chili powder
1 Tablespoon ground cumin
1 teaspoon dried oregano
½ teaspoon black pepper
salt to taste
1 can (15 oz.) low-sodium chicken or beef broth
1 can (28oz.) low-sodium fire-roasted diced tomatoes
1 can (15oz.) low-sodium black beans, drained and rinsed
1 can (15oz.) low-sodium kidney beans, drained and rinsed
1 can (15oz.) low-sodium chickpeas (garbanzo beans), drained and rinsed
1 (2-pound package) of frozen pulled pork, defrosted

optional toppings: cheddar cheese, diced onions, diced avocados, sour cream

PREPARATION

Heat a large pot to medium and add oil. Add onion and pepper and sauté until the vegetables are soft, about 10-15 minutes, adjusting the heat down if the onions start to brown too quickly. Add the garlic and sauté until fragrant, about 30 seconds. Add the spices and sauté for 30 seconds. Add broth, tomatoes, all beans and the pulled pork. Bring chili to a boil; reduce heat, and simmer for 45 minutes or until thickened, stirring occasionally. Taste and adjust seasonings, if needed. Serve topped with any of the optional toppings above.