

healthy chili

feeds: 4
takes: 45 minutes

Ingredients

all chopped into bite sized chunks:

1 onion	1 cup fresh corn
1 green pepper	1 jalapeno pepper
1 red pepper	1 teaspoon chili powder
2 garlic cloves, minced	1 1/2 teaspoon dried oregano
1 can black beans	1 1/2 teaspoons ground cumin
1 can kidney beans	1 teaspoon salt + 1 teaspoon pepper
1 can whole tomatoes	1/4 teaspoon cayenne

Directions

- > In a large pot, cook the onion, bell peppers, and garlic in a small amount of water until onion is clear.
- > Add the remaining ingredients and simmer for 30 minutes.

