



No Meat Chili

Ingredient:

- 2 (15 ounces) cans black beans, rinsed and drained
- 2 (15 ounces) cans cannellini beans, rinsed and drained
- 1 (15 ounces) can red kidney beans, rinsed and drained
- 2-3 Bell Peppers, sliced
- 1 medium onion (red onion gives some sweetness) diced
- 1 (15 ounces) can tomato sauce
- 1 (14.5 ounces) can diced tomatoes, or more to taste
- 1-2 cup baby spinach
- 1 cup chopped celery
- 6 tablespoons tomato paste
- 1 chipotle chile in adobo sauce, chopped
- 2 teaspoons smoked paprika
- 1 teaspoon chili powder
- Salt and pepper to taste

Cooking instructions:

Step 1 Saute bell peppers and onions with 1-2 tbsp of oil (canola, avocado, other cooking oils).

Step 2 Combine all ingredients in a slow cooker.

Step 3 Cover and cook until vegetables are tender, 6 to 8 hours on Low.