

Chunky Chili

1 large onion
1/2 green or red bell pepper
1/2 yellow or orange bell pepper
1 tsp minced garlic
(I buy the jar)

1/3 cup vegetable broth
(I use the boxed cause it is 0 fat)

2 15 oz can stewed tomatoes
2 15 oz cans black beans, (drained and rinsed)
1 15 oz can kidney beans (drained and rinsed)
1 15 oz can pinto beans (drained and rinsed)
1 1/2 Tablespoon chili powder
1 Tablespoon brown sugar
1 tsp ground cumin
1 tsp dried oregano
dash salt

several twists of freshly ground black pepper

How to prepare: Place the onion, bell peppers, garlic and vegetable broth in a large pot. Cook over medium heat, stirring frequently, for 10 minutes. Add remaining ingredients, mix well and bring to a boil. reduce heat and simmer for 30 minutes, stirring occasionally.