

Cowgirl Chili

While my husband complains that I always put too much stuff in my chili, everyone else seems to love it. Packed with wholesome goodness in the beans, plus veg, healthy fat, and spice, this dish is medicinally delish. Speaking of spice, when testing, we added way too much, nearly blowing a hole in my mouth (thus the name Cowgirl Chili), but much to my surprise, everyone still loved it. The spice has been sliced, but add more if you want to electrify your senses and decrease inflammation.

INGREDIENTS

2 tablespoons extra virgin olive oil
1 small red onion, thinly sliced
3 cloves garlic, chopped
2 teaspoon ground cumin
1 teaspoon chili powder, medium spice
15 ounces pinto beans, 1 small can, drained and rinsed
15 ounces black beans, 1 small can, drained and rinsed
1/2 cup red bell pepper, small dice
1 small zucchini, 1/4 moons
1 small yellow squash, 1/4 moons
15 ounces diced tomatoes, 1 small can
1 small can tomato paste
1/2 cup cilantro, chopped
salt, to taste

STEP 1

In a large pot, heat oil on medium. Chop garlic and onions, add to pot and sauté until soft and slightly golden.

STEP 2

Chop other vegetables, add to pot, mix well and cook for 5 minutes.

STEP 3

Drain beans using fine mesh strainer or colander and rinse under cold water. Add to pot with diced tomatoes and tomato paste and stir well.

STEP 4

Cover and simmer for 10 minutes. Remove cover and simmer for another 10 minutes.

STEP 5

Finish with cilantro and gently mix. Salt to taste.

SERVES

4-6 people

TIME

🕒 30m

SHOPPING LIST

1 bottle extra virgin olive oil
1 small red onion
1 head garlic
1 jar ground cumin
1 jar chili powder, medium spice
1 small can pinto beans (15 oz)
1 small can black beans (15 oz)
1 red bell pepper
1 small zucchini
1 small yellow squash
1 small can diced tomatoes (15 oz)
1 small can tomato paste
1 bunch cilantro
Salt

EQUIPMENT

Fine mesh strainer or colander
Large pot with cover

STORAGE

Store in fridge in an air tight container, preferably glass, for 3-4 days or store in freezer for up to 3 months.