



5 Ingredient Bean Chili

Ingredients



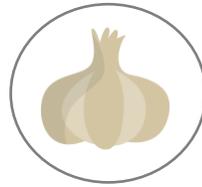
Onion



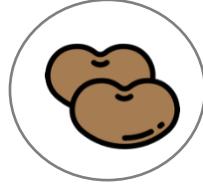
Any Kind of Broth



Tomato



Garlic



Beans

Instructions

Prep:

Prep Time: 15 minutes

Ingredients:

- 1 diced yellow or white onion
- 2-4 cup broth or water
- 2 diced tomatoes, or 1 can diced tomatoes
- 2-6 cloves, or a couple spoonful's minced garlic
- 2-3 cups of cooked beans, or 1-3 cans of beans

Optional:

- Add as much or as little of the base ingredients as you like
- Add in a pound of cooked meat like ground beef, turkey, or chicken for extra protein
- Try using a variety of beans for a 3-bean chili
- Add chopped veggies like bell peppers or carrots for extra flavor
- Add a starch such as diced sweet potatoes or rice for added nutrients or any kind of cooked noodles such as elbow noodles for a fun twist on chili-mac and cheese
- Chili powder, onion powder, garlic powder, cumin, paprika, and cayenne pepper are great seasonings for chili

Cook:

Cook Time: 30-45 minutes

1. In a large pot, cook diced onion and garlic over medium heat with 1 tablespoon of butter or oil until the onions are soft and lighter in color
2. If you are cooking ground meat, add the meat here and cook until browned
3. Add the tomatoes, broth or water, and beans to the pot and bring to a low boil.
4. Add any seasonings here and stir the mixture. Bring to a simmer and let cook for 20-30 minutes.
5. Serve and enjoy!

Topping Ideas:

- Chopped cilantro, chives, or parsley fresh lime juice, diced avocado, sour cream, shredded cheese, any kind of crushed chip such as tortilla chips, potato chips, Doritos, or even saltines

Meal Prep:

- Make a large batch and store in sealed containers in the refrigerator for up to 4-5 days, or store in a freezer bag for up to 6 months