**5 Ingredient Bean Chili**

### 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

### Instructions

**Prep:**
- 15 minutes

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- 2-4 cup broth or water
- 2 diced tomatoes, or 1 can diced tomatoes
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**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
Breakfast Bean Burrito

Prep Time: 5 minutes

Ingredients:
- 1 flour tortilla
- ¾ cup cooked beans (I recommend black or pinto)
- 1-2 eggs
- 1 handful shredded cheese
- ½ diced tomato

Optional:
- Add in a handful of chopped veggies such as peppers, onions, or spinach to cook with your eggs
- Add toppings such as salsa, hot sauce, or fresh herbs such as cilantro or chives for added flavor
- Replace the beans or eggs with another source of protein such as chicken or tofu

Cook Time: 5-10 minutes

1. Scramble eggs in some oil or butter in a pan on medium heat. Remove from heat when done cooking to your desire
2. Lay the tortilla out on a plate, add the beans, eggs, cheese, and tomato in the center of the tortilla
3. Fold in the ends of the tortilla, then roll up to form a burrito
4. Microwave for 45-60 seconds

Meal Prep Tip:
- Make this burrito ahead of time and store in the refrigerator or freezer for a quick morning breakfast
- Assemble the burrito as above, wrap the burrito in plastic wrap and store in the refrigerator or freezer, then microwave for 45-60 seconds