

Three-Bean Vegetarian Chili

Ingredients:

- 1 15-ounce can no-salt-added red kidney beans, rinsed and drained
- 1 15-ounce can small white beans, rinsed and drained
- 1 15-ounce can low-sodium black beans, rinsed and drained
- 1 14-1/2-ounce can diced tomatoes and green chile peppers, undrained
- 1 cup beer or chicken broth
- 3 tablespoons chocolate-flavored syrup
- 1 tablespoon chili powder
- 2 teaspoons Cajun seasoning
- Dairy sour cream (optional)
- Shredded cheddar cheese (optional)

Directions:

- In a 3-1/2- or 4-quart slow cooker, combine kidney beans, white beans, black beans, undrained tomatoes and green chile peppers, beer or broth, chocolate syrup, chili powder, and Cajun seasoning.
- Cover and cook on low-heat setting for 6 to 8 hours or on high-heat setting for 3 to 4 hours.
- If desired, garnish individual servings with sour cream and cheese. Makes 4 servings.

Yield: 4 servings

Nutritional Information: Calories 308, Total Fat (g) 1, Saturated Fat (g) 0, Cholesterol (mg) 0, Sodium (mg) 569, Carbohydrate (g) 60, Fiber (g) 21, Protein (g) 21

Recipe Source: bhg.com (Better Home and Gardens online)

Past recipes may be obtained by going to the [Heartland Health](http://www.heartland-health.com/) web page (<http://www.heartland-health.com/>, KQ2 recipes) or by clicking on the Heartland Health logo above.