

# Three Bean and Beef Chili

## Ingredients

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1 T Olive Oil	1 Onion (diced)
1 Red Bell Pepper (diced)	2 Carrots (diced)
2 t Ground Cumin	5 clv Garlic (minced)
1/2 t Cayenne Pepper	1 Bay Leaf
1 lb Ground Beef	28 oz Crushed Tomatoes
2 c Water	1 Chipole Chile in Adobo Sauce
(seeded and minced)	2 t Adobo Sauce
1/2 t Dried Oregano	15 1/2 oz Black Beans (drained and
rinsed)	15 1/2 oz Kidney Beans (drained and
rinsed)	15 1/2 oz Pinto Beans (drained and
rinsed)	1 1/2 t Salt
0 ds Black Pepper	

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## Instructions

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- 1.Heat the oil in large pot over moderate heat. Add the onion, bell pepper, garlic, and carrots, cover and cook, stirring occasionally until the vegetables are soft, about 10 minutes.
- 2.Add the cumin, bay leaf, and cayenne and cook, stirring, for 1 minute. Add the ground beef; raise the heat to high and cook, breaking up the meat with a spoon, until the meat is no longer pink.
- 3.Stir in the tomatoes, water, chipotle and adobo sauce, oregano and salt and pepper. Simmer, partially covered, stirring from time to time, for 30 minutes.
- 4.Stir in the beans and cook, partially covered, 20 minutes longer. Season, to taste, with salt and pepper.