



Smoky Three-Bean Chili

SERVES 6-8 **PREP TIME** 5 min **COOK TIME** 30 min

INGREDIENTS

For Spice Blend

- 2 tbsp chili powder
- 2 tsp ground cumin
- 1-½ tsp ground coriander
- 1 tsp dried chipotle chili powder
- ½ tsp dried oregano

For the Chili

- 1 tbsp olive oil
- 1 yellow onion, chopped
- 2 poblano (or bell) peppers, chopped & seeds removed
- 1 jalapeño pepper, seeds & veins removed, minced

- 4 cloves garlic, minced
- 1 large or 2 small sweet potatoes, peeled & cut into ½-inch pieces
- 1 (15 oz can) **La Fe Whole Kernel Corn**, drained & rinsed
- 1 (15 oz can) **La Fe Red Kidney Beans**, drained & rinsed
- 1 (15 oz can) black beans, drained & rinsed
- 1-½ cups cooked **La Fe Chickpeas (16 oz bag)**
- 1-½ cups vegetable broth (or water)
- 1 tsp salt
- ½ lime juice, plus wedges for serving
- ¼ cup chopped cilantro, for serving

DIRECTIONS

1. Let's start by making the spice blend. Take a small bowl and mix together the chili powder, cumin, coriander, chipotle powder, and oregano, then set it aside.
2. Over medium-high heat, heat the olive oil in a large soup pot or a Dutch oven. Add in the onion and a pinch of salt, then cook for about 3-4 minutes.
3. Next, add in the poblano and jalapeño peppers, then cook for an additional 3-4 minutes. Add in the spice blend and cook until fragrant.
4. Add in the sweet potato, La Fe Whole Kernel Corn, La Fe Red Kidney Beans, La Fe Chickpeas, tomatoes, vegetable broth (or water), and salt, then bring to a boil.
5. As soon as the mixture is boiling, cover the pot with a lid and turn down the heat to low. Simmer for about 25-30 minutes or until the sweet potatoes are tender when pierced with a fork. For taste, pour the lime juice and add in more seasonings until you reach the desired flavor.
6. Finally, serve with lime wedges and chopped cilantro. Pair the chili with whatever you desire and enjoy!

Recipe adapted from: <https://www.newleafvegans.org/compassionate-cuisine-vegan-recipes/smoky-three-bean-chili>