

Just a Pinch



Sharing Hometown Recipes, Cooking Tips and Coupons

By Janet Tharpe

Warm Up with Healthy Black and White Bean Chili

**"This is great
for parties
and get
togethers!"**



Irana Grenier
Redding, CA
(Pop. 89,861)

Love chili but looking for a healthier twist? Then, you gotta try Irana Grenier's Black and White Bean Chili. This chili is hearty AND healthy... a wonderful way to warm yourself through and through. This is a terrific vegetarian dish—one where you'll never even miss the meat.

See step-by-step photos of Irana's recipe plus thousands more from home cooks nationwide at:

www.justapinch.com/beanchili

You'll also find a meal planner, coupons and chances to win! Enjoy and remember, use "just a pinch"...

-Janet

Black and White Bean Chili



What You Need

- 1 tsp olive oil, light
- 1/2 large onion, finely chopped
- 1/2 large red pepper, diced
- 1/2 large; green pepper, diced
- 2 large jalapeno peppers, finely chopped
- 2 cloves garlic, minced
- 1/4 tsp sea salt
- 2 tbsp chili powder
- 1 tbsp ground cumin
- 1 can (14.5 oz.) diced tomatoes
- 1 can (14.5 oz.) cannellini beans, drained and rinsed

- 1 can (14.5 oz.) black beans, drained and rinsed
- 1 c water
- 1-1 1/2 tsp cornstarch

TOPPERS

Sun-dried tomato & basil feta cheese; sliced scallions, chopped cilantro, sour cream

Directions

- Heat oil in a large pot over med-high heat. Add peppers, onion, garlic, and jalapenos. Cook 5 min or until vegetables are tender,

stirring occasionally.

- Add chili powder, cumin and salt. Cook, stirring occasionally, 1 min. Add tomatoes, beans and water. Bring to a boil. Lower heat and simmer, covered for 20 min.
- In a cup, mix cornstarch with a little water to make a paste.
- Remove cover and add to chili, stirring to thicken.
- Serve chili topped with feta cheese, scallions, cilantro and sour cream.

Submitted by: Irana Grenier, Redding, CA (Pop. 89,861)

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