**Two Bean and Beef Chili**

Olé!

One recipe per unit

**Ingredients:**

225 g ground beef ½ lb.

½ stalk celery, diced ½ stalk

½ carrot, diced ½

½ med. onion, diced ½ med.

1 clove garlic, minced 1 clove

15 mL chili powder 1 tbsp.

2 mL dried oregano ½ tsp.

2 mL ground cumin ½ tsp.

2 mL ground coriander ½ tsp.

½ bay leaf ½

1 mL salt ¼ tsp.

1 mL pepper ¼ tsp.

400 mL canned tomatoes, chopped or diced 1⅔ c

250 mL frozen corn 1 c

250 mL red kidney beans, drained and rinsed 1 c

200 mL black beans, drained and rinsed, ¾ c

½ med zucchini, diced ½

½ green bell pepper, diced ½

**Method:**

In a Dutch oven, sauté beef over medium heat, breaking up with a spoon, until no longer pink, about 5 minutes. Drain off fat.

Add celery, carrot, onion, garlic, chili powder, oregano, cumin, coriander, bay leaf, salt and pepper. Cook over medium heat, stirring occasionally, until softened, about 6 minutes.

Add chopped/diced tomatoes, corn, kidney beans, black beans, zucchini, and green pepper; bring to a boil. Reduce heat, cover and simmer, stirring occasionally, for 15 minutes.

Uncover and simmer, stirring frequently, until slightly thickened, about 15 minutes more. Remove and discard bay leaf.

Serve 125 mL servings.

Divide the remaining chili into two equal portions, label and freeze.