

Three Bean Chili (Vegetarian)

- 2 teaspoons ground cumin
- 1 teaspoon dried oregano
- 1 1/2 teaspoons table salt or 2 1/2 teaspoons kosher or coarse salt
- 1 12-ounce bottle beer
- 1 28-ounce can crushed tomatoes, fire-roasted if you can find them
- 1 can black beans, drained
- 1 can kidney beans, drained
- 1 can red beans, drained
- 1 T chia seeds
- 1 tablespoon olive oil
- 1 large onion, chopped small
- 1 red peppers finely chopped
- 1 yellow pepper, finely chopped
- 1 large orange pepper, finely chopped
- 1 small zucchini, finely chopped
- 1 small yellow squash, finely chopped
- 3 cloves garlic, minced
- 2 tablespoons chili powder

Heat oil in the bottom of a medium-sized heavy pot or Dutch oven. Once warm, add onion and cook for 5 minutes, until translucent. Add vegetables and cook for 3 more minutes. Add garlic, chili powder, cumin, oregano and salt and cook for 2 minutes, until browned and deeply fragrant. Add beer and scrape up any bits stuck to the pot. Boil until reduced by half, or, if you're nervous about alcohol content, until it has all but disappeared. Add remaining ingredients and simmer med low 30 minutes, stir frequently. Serve with cheddar cheese, sour cream, chopped cilantro, lime wedges and tortilla chips

Recipe inspired by Smitten Kitchen, Perfected and Submitted by Rebecca Zaranko

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