

Bean Chili

Ingredients

- 1 can red kidney beans (undrained)
- 1 can white beans (undrained)
- 1 can diced tomatoes (28 oz)
- 1 packet of chili seasoning
- ¼ of a can of chipotle pepper in adobo sauce (optional, to add heat)
- Drained can of corn (optional)

Steps

1. Heat pot over medium heat
2. Dice chipotle peppers
3. Add all ingredients into pot
4. Stir to ensure that nothing sticks to the sides of pot
5. Bring to a boil, then reduce heat and simmer for 20-25 minutes
6. Enjoy

This recipe was created by Matthew Biagi, Jasmine Hambaro, and Michael Harris in coordination with the UMass College of Nursing.