



White Bean Chili

1 clove minced garlic
1 medium chopped onion

1 15 oz can Butterbeans-no added salt Eden brand
1 15 oz can Westbrae Organic Pinto Beans
1 15 oz can Adzuki Beans
3 cups homemade (celery, onion, carrot) vegetable broth or low sodium store bought vegetable broth

1 4.5 oz can chopped green chilies Old El Paso
2 tsps Oregano
1 ½ tsps. Cumin
¼ tsp ground cloves
¼ tsp cayenne pepper
1 14.5 oz can Muir Glen Fire Roasted diced tomatoes
3 Shakes of Himalayan salt

Start by heating onion & garlic in on high until softened with a few TBS of water. Add other ingredients including juice from canned beans to a crock-pot and heat on low for 4 hours.





Please be our Guest – Join us for a whole foods, plant based potluck dinner and see what a difference Healthy Eating Adventures are making in the lives of our participants.

To find out more about Healthy Eating Adventures, go to www.healthyeatingadventure.org