

Sarah's Healing Touch

Spicy Black Bean Chili

Ingredients:

- 2 onions chopped
- 4 stalks of celery chopped
- 2 T. olive oil
- 2 bell peppers chopped
- 4-15 oz. crushed or chopped tomatoes
- 2 bouillon cubes
- 4 oz. can of chilies
- 2 T. chili powder
- 1 T. oregano
- 2 T. garlic powder
- 1 T. cumin powder
- 3- 28 oz cans of tomatoes
- 2 C. corn
- 2 C. soaked and coked black beans (I have also used kidney beans which is just as good!)
- 1 LB lean hamburger meat *organic if possible (I have also used ground turkey and ground meat alternatives and it tastes just as good)
- Pinch of Cayenne pepper (optional)

Directions:

Cook onion and celery in olive oil until soft then add hamburger and cook until no longer pink. Add remaining ingredients except beans and corn. Bring to a boil then simmer 1 hour, the longer you simmer the better it gets. Once chili has simmered at least an hour add beans and corn. Serve with hot whole wheat rolls!

Rejuvenate Refresh Relax