

Five Bean Chili

<http://biscuitsandsuch.com/2018/01/19/five-bean-chili/>

1 yellow onion
4 garlic cloves
1 tbsp olive oil
1 6oz can tomato paste
1 102oz can diced tomatoes
1lb ground beef (or pork, or turkey)
1 tbsp salt
2 tbsp chili powder
1 tbsp cumin
1/2 tsp red pepper flakes
1 28oz can black beans
1 28oz can kidney beans
1 28oz can red beans
1 28oz can garbanzo beans
1 28oz can great northern beans
1 102oz can diced tomatoes
2 cups water
2 cups corn kernels

From:
<https://wiki.blessyourhe.art/> - **cookbook**

Permanent link:
https://wiki.blessyourhe.art/doku.php?id=wiki:weblog:2018:01_19_201719

Last update: **2024/01/07 13:33**

