

# **Smoky Three-Bean Chili**

Pillsbury Best One Dish Meals - February - 2011

**Servings: 6**

**Preparation Time: 50 minutes**

**Start to Finish Time: 50 minutes**

**1 tablespoon vegetable oil**  
**1 cup celery, chopped**  
**1 medium (1 cup) green bell pepper, chopped**  
**1 medium (1/2 cup) onion, chopped**  
**2 cloves garlic, finely chopped**  
**1 can (28 oz) diced tomatoes, undrained**  
**1 can (15 oz) spicy chiliu beans, undrained**  
**1 can (15 oz) kidney beans, drained and rinsed**  
**1 can (15 oz) black beans, drained and rinsed**  
**1 teaspoon ground cumin**  
**1 teaspoon chili powder**  
**1 teaspoon chipotle chile in adobo sauce, finely chopped**  
**1/2 teaspoon adobo sauce**  
**crushed tortilla chips (if desired)**  
**green onions (if desired), sliced**

In a 4-quart saucepan or Dutch oven, heat the oil over medium-high heat.

Cook the celery, bell pepper, onion and garlic in the oil for 3 minutes.

Stir in the tomatoes, chili beans, kidney beans, black beans, cumin, chili powder, chipotle pepper and adobo sauce. Heat to boiling. Reduce heat.

Cover and simmer for 30 to 40 minutes, stirring occasionally, until the vegetables are tender and the flavors are blended.

Top the individual servings with tortilla chips and green onions.

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Per Serving (excluding unknown items): 262 Calories; 4g Fat (11.7% calories from fat); 15g Protein; 44g Carbohydrate; 14g Dietary Fiber; 0mg Cholesterol; 40mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1 Lean Meat; 1 Vegetable; 1/2 Fat.