



## Simple Healthy Chili Bean Soup

This hearty recipe works stove top or crock pot!

- 1 TBSP EVO (extra virgin olive oil)
- 1 large finely diced onion
- 3 garlic cloves minced
- 2 celery stalks finely diced
- 2 red diced bell peppers
- 2 TBSP dried oregano
- 1 TBSP Himalayan sea salt or sea salt (or to taste)
- 2 shakes paprika
- 2 shakes chili powder (3 shakes for extra spice)
- 2 shakes cayenne pepper (3 shakes for extra spice)
- 1 28 ounce can organic diced tomatoes

1 bag of each of the following: Pinto, Black & Navy, use half a bag of each (about 1 cup to 1 & ¼ cup of each) – clean/rinse. If you have the time soak beans for 3-4 hours before transferring them to the crock pot!

15 ounce (1) can of each of the following: pinto beans, kidney beans, black beans, garbanzo beans

Optional: 1 can organic whole kernel corn drained, Avocado – sliced avocado over the top once served with finely diced green onions! Yumm~!

### Directions:

1. Heat olive oil in large pot over low/med heat
2. Sauté onions, celery, bell peppers, garlic – just a quick sauté to soften and bring out flavors
3. Add tomatoes, beans, ~6-8 cups of water, maybe more...and seasoning & bring to a boil
  - a. If cooking beans, allow 5-6 hours minimum for cooking with crock pot
  - b. IF combining canned beans, bring to boil, reduce heat to low and simmer for 45 mins
4. Stir in corn, and it is ready! Serve with a nice dark leafy green salad!

### CROCKPOT Directions:

Follow Steps 1 & 2 then depending on time, put on low for a couple of hours then turn up to high for 2-3 hours before serving...If time is limited, start on high for at least 2 hours – 3+ hours better! Add corn in one hour before serving.

TIP: If you have the time to use the Crockpot, start early in AM on Low...then 2 hours before serving hit it on High...and it will come out perfectly! Enjoy~!

*Live Life Healthy*

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