



# Easy Chili

**Prep Time: 10 min**  
**Cook Time: 35 min**  
**Makes 8 cups**

## INGREDIENTS

- 2 tablespoons olive oil
- 2 cups chopped onion
- 1 bell pepper, chopped
- 2 garlic cloves, minced or 1 tsp minced garlic
- 1 tablespoon ground cumin
- 1 cup prepared tomato salsa
- 1 can (15oz) chickpeas, drained and rinsed
- 1 can (15oz) black beans, drained and rinsed
- 2 cans (15oz) whole or diced tomatoes with juice
- 1 can (15oz) corn, drained

## DIRECTIONS



Start with clean hands!  
Wash your hands with soap and water.

1. Heat the oil in a soup pot over medium high heat.
2. When the oil is hot, cook the onions, bell pepper, and garlic, stirring frequently, for about 5 minutes. The onion should be soft and fragrant.
3. Add the cumin and stir for one minute.
4. Stir in the salsa, bell pepper, chickpeas, black beans, tomatoes, and corn. Increase heat to high and bring to a gentle simmer.
5. Lower the heat and cover the pot. Simmer for about 25 minutes.
6. Serve hot and enjoy!