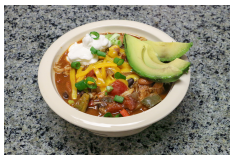


3 BEAN CHILI



Prep Time: 10 Minutes

Cook Time: 1 Hour

Total Time: 1 Hour 10 Minutes

Makes 6 Servings

Ingredients:

- 1 Yellow Onion
- 1 Bell Pepper
- 1 Pasilla Pepper (see notes)
- 1 Anaheim Pepper
- 3 cloves Garlic
- 1 14 oz can Jackfruit (in brine, see notes)
- 2 tsp Ground Cumin
- 2 tsp Cayenne Pepper
- 2 tsp Chili Powder
- 1 12 oz can V8 Juice
- 1 14 oz can Diced Tomatoes
- 1 16 oz can Black Beans
- 1 16 oz can Pinto Beans
- 1 16 oz can Kidney Beans
- 1-2 Tbsp Adobo Sauce
- 1 Tbsp Dried Oregano
- 1 Tbsp Hot Sauce
- Salt & Pepper to taste

Toppings:

- Vegan Cheese
- Avocado
- Green Onions
- Coconut Yogurt / Sour Cream

Instructions:

1. **PREP:** Dice the onion & peppers into medium cubes, removing the seeds from the peppers prior to dicing. Open and rinse the can of jackfruit, and shred with two forks into bitesize pieces. Peel and slice the garlic. In a small bowl, combine cumin, cayenne, and chili powder, and set aside for later.
2. **SAUTE:** Add 1 Tbsp oil to a large pot on medium heat, then adding in the onions and peppers, sautéing for 5 minutes, stirring occasionally. Add in the jackfruit, and continue to cook until the onions begin to turn translucent and the peppers soften. Add in the garlic and spice blend, stirring in to evenly coat everything and cooking until fragrant, 1-2 minutes.
3. **SIMMER:** Add in the can of diced tomatoes with their liquid, along with the can of V8 juice. Bring this mixture up to a boil, lower the heat to a simmer. Allow this mixture to simmer covered for 30 minutes.
4. **BEANS:** After simmering, add in the 3 cans of beans with their canning liquid (alternatively, drain and rinse them, and add in an additional 1½ cups water). Add in the adobo sauce, oregano, and hot sauce, mixing to combine. At this point, check your chili for flavor, and add in any additional spices, salt, or pepper to reach your desired level of spice. Continue to cook for an additional 10-15 minutes, or until the beans are heated through. This can be done uncovered for a thicker chili, or covered to keep it more liquidy.
5. **ENJOY:** Once heated though, your chili is ready to be eaten. Serve it up with some vegan cheese, coconut yogurt or sour cream substitute, chopped green onions, and diced avocado. Pairs great with Fluffy Homemade Cornbread (Gluten-free & Vegan). Cover with a Reusable Silicone Lid and store in the fridge for up to a week.

Notes:

- **Check Peppers for Spice** – Peppers can vary greatly in spice levels between types, and even between individuals of the same variety. It is always best to test out a small piece of your raw peppers prior to adding it to food, to ensure that the final chili will not be too spicy.
- **Buying Canned Jackfruit** – When buying Jackfruit for this recipe, be sure to check the can for the type of liquid inside. This recipe needs a can of jackfruit in brine, NOT in a sugar syrup, as these are used in sweet recipes while brine canned jackfruit is used in savory applications such as this.