

## Three Bean Chili

1 onion, chopped  
1-2 cloves garlic, minced  
25 ml olive oil  
250 ml canned diced tomatoes  
50 ml tomato paste  
5 ml oregano  
5 ml chili powder  
2 ml ground cumin  
250 ml kidney beans  
125 ml black beans  
125 ml garbanzo beans  
100 ml corn kernels

1. In a large saucepan, heat oil and cook onion & garlic until transparent, about 5 minutes.
2. Stir in tomatoes, tomato paste and seasonings.
3. Bring to a boil, then reduce heat to simmer. Stir occasionally.
4. Add beans and corn and simmer, uncovered, for about 30 minutes. Stir occasionally. If the chili becomes too thick, add water or stock to make the desired consistency.

This is good served with various kinds of bread (cornbread or bread bowls for example). It is packed with dietary fibre, vitamins and minerals.