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**THREE BEAN VEGETABLE CHILI**

Here’s another Engine 2 recipe. This hearty chili is packed with plant protein and fiber (thanks to the three different types of beans). All the nutritious ingredients get thrown into one pot for a quick, homemade, meal that will keep you fueled for the rest of the day. With whole-grain Wasa crackers for dipping or crumbling on top, you'll get a satisfying crunch with every bite.  Makes 1 medium serving.

**Ingredients:**

* a little purified water for ‘frying’
* ¼ onion, diced
* 1 bell pepper, diced
* 1 tsp. chili powder
* ½ tsp. cumin
* ½ cup low-sodium vegetable broth
* ½ cup kidney beans, rinsed
* ¼ cup black beans, rinsed
* ¼ cup pinto beans, rinsed
* ½ can diced tomatoes
* Sea salt and pepper to taste
* Serve with: 2 Wasa whole-grain crackers

**Method:**

1. Heat a pot with a little water over medium-low heat.
2. Sweat the onion until softened, about 5-10 minutes.
3. Add bell peppers, chili powder, and cumin. Stir and cook for another minute.
4. Add all the beans, canned diced tomatoes and vegetable stock/broth to onion mixture and adjust seasonings to taste.
5. Bring the soup to a boil, then simmer for 15-20 minutes until some of the liquid has evaporated and chili thickens. Serve with Wasa crackers.