

# **Jamaican Chili**

Yield: 4 servings (serving size = 1 1/4 cups)

*1 tablespoon extra-virgin olive oil*  
*1 yellow bell pepper, seeded & chopped (1-1 1/2 cups)*  
*1 cup chopped onions*  
*2 cloves garlic, minced*  
*1 cup vegetable broth or water*  
*3 medium tomatoes, chopped or 1 (14.5-ounce) can diced tomatoes*  
*1 (15-ounce) can black beans, rinsed and drained*  
*1 (15-ounce) can cannellini beans, rinsed and drained*  
*1 (15-ounce) can kidney beans, rinsed and drained*  
*1 teaspoon ground cumin*  
*1 teaspoon ground paprika*  
*1/2 teaspoon salt*

Heat olive oil over medium heat, and cook until onions are soft and translucent. Add yellow pepper and garlic. Cook until pepper is tender. Add water tomatoes, beans, cumin, paprika, and salt. Bring to a boil. Cover, and simmer 30 minutes. Stir in parsley just before serving.

Yield: 4 servings (serving size = 1 1/4 cups)

## Recipe Notes

- For a spicier chili, add a diced jalapeno pepper or hot chile powder.
- Use chickpeas instead of cannellini beans.
- Add more vegetables, such as carrots, celery, sweet potato, or zucchini.