

Veg-Head 3-Bean Chili by Rachael Ray

(From Food Network January 2023)

Preparation time: 10 minutes. | Cook time: 15 minutes.

Yield 4 serving.

Ingredients:

2 Tablespoons olive oil
1 medium skinned onion, coarsely chopped
1 large red pepper, chopped
1 large green pepper, chopped
1 large jalapeño pepper, seeded and chopped
4 cloves garlic, crushed and chopped
1 cup Sam Adam Boston lager or another pale beer
1 32-ounce can crushed tomatoes
1 14-ounce can black beans
1 14-ounce can dark red kidney beans
1 Tablespoon ground cumin
2 Tablespoons chili powder
1 Tablespoon (several drops) cayenne hot pepper sauce
1 teaspoon coarse salt
1 cup spicy vegetarian refried beans

Toppings:

8 ounces (2 cups shredded) spicy Monterey Jack or smoked cheddar cheese
Chopped scallions (whites and greens)
Blue and red corn tortilla chips or black bean tortilla chips

Instructions:

Over moderate heat in a deep pot, heat the olive oil.
Add in the onion, peppers, and garlic, and sauté 3-5 minutes to soften the vegetables.
Deglaze the pan with the beer.
Add the tomatoes, black beans, and red kidney beans, stirring to combine.
Add the spices.
Thicken by stirring in the refried beans.
Simmer 5-10 minutes longer.

Possible adjustments:

To your own taste, you could add corn, chickpeas, additional beans, or increase or decrease the amount of chili powder, cayenne pepper sauce, or jalapeno pepper.