

Chili San Chili

*Free of Egg, Peanuts, Tree nuts, Sesame, Shellfish, Wheat, Soy, Dairy**

1 can black beans

1 can kidney beans

1 can tomato paste

1 can crushed tomatoes

1 sweet potato (peeled and cubed)

1 pepper (diced)

Frozen vegetables of choice, cooked (optional)

Water

Red pepper flakes to taste

Basil, garlic, pepper and salt to taste

Plain yogurt (optional)

In a large soup pot, combine beans, tomatoes, potatoes, peppers and vegetables. Add just enough water to cover the contents of the pot. Add pepper flakes and other seasonings. Boil until the potatoes are thoroughly cooked (at least 30 to 40 minutes). Serve warm and top with a spoonful of yogurt.

Servings: 12 – 15 (\$0.95/serving)