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## Almost-Instant Black Bean Chili



Makes 6 1-cup servings

This is a perfect make-ahead recipe, since this chili is even better the second day.

- 1/2 cup water
- 1 medium onion, chopped
- 2 medium garlic cloves, minced
- 1 small bell pepper, seeded and finely diced
- 1/2 cup crushed tomatoes or tomato sauce
- 2 15-ounce can black beans, undrained
- 1 4-ounce can diced green chilies
- 1 teaspoon ground cumin

Heat the water in a large skillet or pot. Add onion, garlic, and bell pepper. Cook over high heat, stirring often, for about 5 minutes or until onion is translucent. Add crushed tomatoes or tomato sauce, beans and their liquid, chilies, and cumin. Simmer, stirring occasionally, for about 15 minutes, or until flavors are blended.

**Per Serving:**

- Calories: 155
- Fat: 0.8 g
- Saturated Fat: 0.1 g
- Calories from Fat: 4.7%
- Cholesterol: 0 mg
- Protein: 8.7 g
- Carbohydrates: 29.6 g
- Sugar: 2.6 g
- Fiber: 11 g
- Sodium: 473 mg
- Calcium: 89 mg
- Iron: 3.1 mg
- Vitamin C: 19.1 mg
- Beta Carotene: 49 mcg
- Vitamin E: 0.4 mg

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(Recipe from *Foods That Fight Pain* by Neal Barnard, M.D.; recipe by Jennifer Raymond, M.S., R.D.)

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