

PINTO BEAN CHILI



Ingredients:

3 16 oz. cans pinto beans
2 T olive oil
1 large white onion, minced
3 garlic cloves, minced (1 tablespoon)
1 red bell pepper, seeded, diced
1 16 oz. can plum tomatoes, undrained
3 bay leaves
2 T chili powder
2 T dried oregano
2 t ground cumin
1 cup bottled salsa

Directions:

Rinse beans and drain. Heat olive oil in a 3-4 quart saucepan. Add onion, garlic and red pepper; cook over medium heat until translucent, 3 to 5 minutes. Add beans and tomatoes, bay leaves, chili powder, oregano and cumin. Heat to boil, reduce heat and simmer over low heat uncovered, stirring frequently for 30 minutes.

Serve the chili hot or at room temperature, with a bowl of salsa on the side. If you like your chili very hot, add Tabasco sauce, chopped jalapeno peppers or more chili powder to taste.