



READ MY LIPS Winning Recipe by Gloria P. of Indiana
"THREE SISTERS" BEAN CHILI
SERVES: 6 SERVINGS | PREP & COOK TIME: 40-45 MINUTES

INGREDIENTS

- 2 tablespoons avocado or olive oil
 - 1 cup chopped onion
 - 1 cup chopped mixed red and green sweet bell peppers
 - 1 (14.5 oz) can petite diced tomatoes with liquid undrained
 - 1 (15.5 oz) can pinto beans with liquid
 - 1 cup frozen corn kernels
 - 1 (15 oz) can READ® 3 Bean Salad
 - 1 cup vegetable stock, or as needed
 - 2 tablespoons maple syrup plus 1 tablespoon for drizzle, divided
 - 2 teaspoons chili powder
 - 2 teaspoons ground cumin
 - 1/2 teaspoon ground black pepper
 - 1 pound roasted or cooked butternut squash cut into approximately 1-inch squares or to size desired
 - 1 cup chopped fresh parsley or cilantro
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INSTRUCTIONS

1. Add avocado or olive oil to large saucepan or Dutch oven. Add onion and bell pepper. Cook over medium heat until softened and beginning to brown, about 8 minutes. Add diced tomatoes with liquid, pinto beans with liquid and corn kernels.
2. Drain liquid from 3 Bean Salad. Add Bean Salad, 1/2 cup vegetable stock, 2 tablespoons maple syrup, chili powder, cumin and black pepper. Bring to a boil over medium heat.
3. Stir cooked butternut squash. Add 1/2 cup vegetable stock or as needed for desired or chili consistency. Season with salt and black pepper to task. Stir in chopped parsley or cilantro. Drizzle about 1 tablespoon maple syrup over hot chili before serving.

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