

Kimberly Atkins' Bean and Vegetable Chili

Feeds a crowd

3 15.5 ounce cans of beans (Use a variety, such as chick pea, black bean and kidney bean)

1 large onion, chopped

A reasonable number of garlic cloves, minced

A few stalks of celery, chopped into bite-size pieces

Chopped vegetables, such as butternut squash, zucchini, carrots, corn, leafy greens (see note)

1 28-ounce can crushed tomatoes

Any extra fresh tomatoes you have, diced

Herbs and spices to suit your taste, including: chili powder, oregano, smoked paprika, garlic powder, onion powder, freshly ground black pepper, salt

What You'll Do:

1. Place all the ingredients above into a slow cooker. Stir well to combine ingredients. Place the lid on the slow cooker. Either set the cooker to "high" and cook for 4 hours, or set it to "low" for 6 hours. Walk away. If you happen to be in the neighborhood, give the mixture a stir ever hour or so.
2. Serve over warm quinoa. And/or with shredded cheese, sour cream and scallions and a bunch of tortilla chips. Or however you wish. This freezes nicely.

c/o Kimberly Atkins via marissarothkopf.substack.com