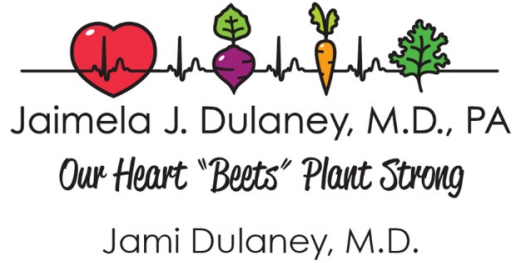


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Warm Me Up Chili

Ingredients:

- 1 can organic, low sodium black beans
- 1 can organic, low sodium pinto beans
- 1 can organic, low sodium great norther beans
- 1 large box shopped tomatoes
- 1 Tbsp tomato paste
- 1 medium red onion
- 1 jalapeño or small green bell pepper
- 2 stalks celery
- 1 tsp chili powder
- 1 tsp garlic
- 1 tsp cumin
- ½ tsp cayenne pepper

Directions:

1. Chop onion and celery fine and add to a large saucepan.
2. Add beans, tomatoes, tomato paste and spices and bring to a boil.
3. Let simmer for 1 hour on stove. If using pressure cooking, add all ingredients and set timer for 30 minutes.

Servings: 6

Nutrition Facts Per Serving: 212 Calories, 1 g Total Fat, 42g Carbohydrates, 11g Protein, 60 mg Sodium, 14 g Fiber.