

## Warm Up With Avery's Famous Six Bean Chili

### Ingredients

Jar of beans  
6 cloves garlic, minced  
2.28 oz cans of crushed tomatoes or tomato puree  
4-5 cups broth-chicken or vegetable  
1 Tablespoon Meghan's Saltless Chilit Powder  
1 medium onion, peeled and chopped  
OR  $\frac{3}{4}$  cup frozen chopped onions  
1 lb ground beef, browned and drained  
OR 2-3 cups cooked wheat berries  
1 Tablespoon Olive Oil  
**Optional:** 2 whole dried cayenne peppers



### Instructions

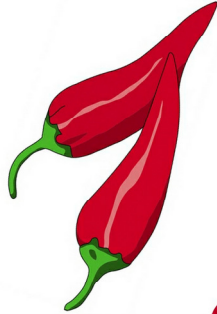
Soak the dry beans in water to cover overnight. Drain in a wire strainer and rinse thoroughly. In a large stock pot, cover them with water and simmer 1 hour or until just tender when mashed with a fork. Drain again, and rinse.

In a large stock pot over medium heat, heat the olive oil until it begins to shimmer. Then, sauté the garlic and onion in the olive oil until the onions are translucent. (About 2-3 minutes.) Reduce heat to low. Add the beans, broth, and meat or wheat berries, plus cayenne peppers, if using, and simmer until the surface of the tomato base begins to bubble evenly.

Add chili powder and stir. Simmer 5 minutes more.

This makes excellent leftovers, and is delicious served with cornbread and cheddar cheese!

[www.joytroupe.com](http://www.joytroupe.com)



## Warm Up With Avery's Famous Six Bean Chili

### Ingredients

Jar of beans  
6 cloves garlic, minced  
2.28 oz cans of crushed tomatoes or tomato puree  
4-5 cups broth-chicken or vegetable  
1 Tablespoon Meghan's Saltless Chilit Powder  
1 medium onion, peeled and chopped  
OR  $\frac{3}{4}$  cup frozen chopped onions  
1 lb ground beef, browned and drained  
OR 2-3 cups cooked wheat berries  
1 Tablespoon Olive Oil  
**Optional:** 2 whole dried cayenne peppers



### Instructions

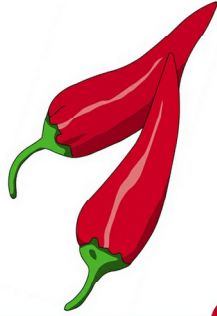
Soak the dry beans in water to cover overnight. Drain in a wire strainer and rinse thoroughly. In a large stock pot, cover them with water and simmer 1 hour or until just tender when mashed with a fork. Drain again, and rinse.

In a large stock pot over medium heat, heat the olive oil until it begins to shimmer. Then, sauté the garlic and onion in the olive oil until the onions are translucent. (About 2-3 minutes.) Reduce heat to low. Add the beans, broth, and meat or wheat berries, plus cayenne peppers, if using, and simmer until the surface of the tomato base begins to bubble evenly.

Add chili powder and stir. Simmer 5 minutes more.

This makes excellent leftovers, and is delicious served with cornbread and cheddar cheese!

[www.joytroupe.com](http://www.joytroupe.com)



## Warm Up With Avery's Famous Six Bean Chili

### Ingredients

Jar of beans  
6 cloves garlic, minced  
2.28 oz cans of crushed tomatoes or tomato puree  
4-5 cups broth-chicken or vegetable  
1 Tablespoon Meghan's Saltless Chilit Powder  
1 medium onion, peeled and chopped  
OR  $\frac{3}{4}$  cup frozen chopped onions  
1 lb ground beef, browned and drained  
OR 2-3 cups cooked wheat berries  
1 Tablespoon Olive Oil  
**Optional:** 2 whole dried cayenne peppers



### Instructions

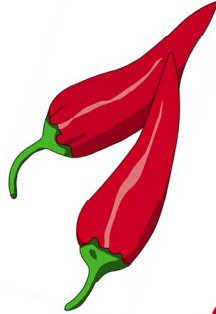
Soak the dry beans in water to cover overnight. Drain in a wire strainer and rinse thoroughly. In a large stock pot, cover them with water and simmer 1 hour or until just tender when mashed with a fork. Drain again, and rinse.

In a large stock pot over medium heat, heat the olive oil until it begins to shimmer. Then, sauté the garlic and onion in the olive oil until the onions are translucent. (About 2-3 minutes.) Reduce heat to low. Add the beans, broth, and meat or wheat berries, plus cayenne peppers, if using, and simmer until the surface of the tomato base begins to bubble evenly.

Add chili powder and stir. Simmer 5 minutes more.

This makes excellent leftovers, and is delicious served with cornbread and cheddar cheese!

[www.joytroupe.com](http://www.joytroupe.com)



## Warm Up With Avery's Famous Six Bean Chili

### Ingredients

Jar of beans  
6 cloves garlic, minced  
2.28 oz cans of crushed tomatoes or tomato puree  
4-5 cups broth-chicken or vegetable  
1 Tablespoon Meghan's Saltless Chilit Powder  
1 medium onion, peeled and chopped  
OR  $\frac{3}{4}$  cup frozen chopped onions  
1 lb ground beef, browned and drained  
OR 2-3 cups cooked wheat berries  
1 Tablespoon Olive Oil  
**Optional:** 2 whole dried cayenne peppers



### Instructions

Soak the dry beans in water to cover overnight. Drain in a wire strainer and rinse thoroughly. In a large stock pot, cover them with water and simmer 1 hour or until just tender when mashed with a fork. Drain again, and rinse.

In a large stock pot over medium heat, heat the olive oil until it begins to shimmer. Then, sauté the garlic and onion in the olive oil until the onions are translucent. (About 2-3 minutes.) Reduce heat to low. Add the beans, broth, and meat or wheat berries, plus cayenne peppers, if using, and simmer until the surface of the tomato base begins to bubble evenly.

Add chili powder and stir. Simmer 5 minutes more.

This makes excellent leftovers, and is delicious served with cornbread and cheddar cheese!

[www.joytroupe.com](http://www.joytroupe.com)

