

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

Add chili powder and stir. Simmer 5 minutes more.

base begins to bubble evenly.

(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

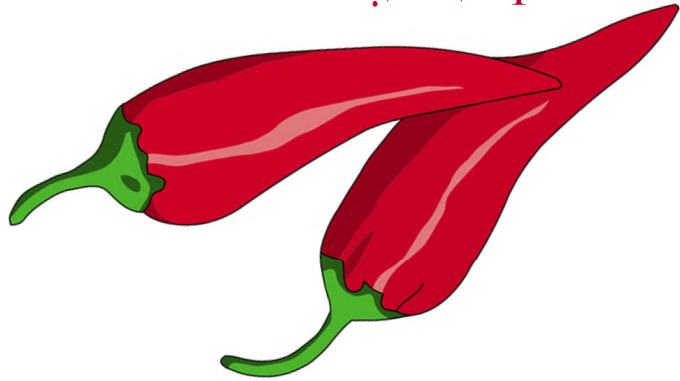
In a large stock pot over medium heat, heat the olive oil until it begins to shimmer.

Then, sautee the garlic and onion in the olive oil until the onions are translucent.

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.

## Instructions



Optional, for extra hot chili: 2 whole dried cayenne peppers

1 Tablespoon Olive Oil

1 lb ground beef, browned and drained **OR** 2-3 cups cooked wheat berries

1 medium onion, peeled and chopped (or 3/4 cup frozen chopped onions)

1 Tablespoon Meghan's Saltless Chili Powder

4-5 cups broth- chicken or vegetable

2 28 oz cans of crushed tomatoes or tomato puree

6 cloves garlic, minced

Jar of beans

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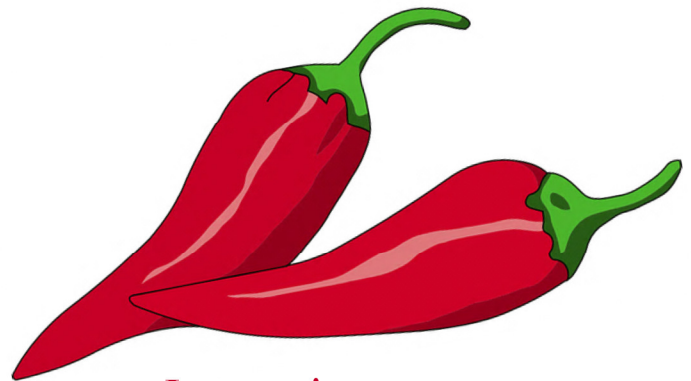
1 Tablespoon Meghan's Saltless Chili Powder

1 medium onion, peeled and chopped (or 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, for extra hot chili: 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, sautee 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.

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