

# Italian Three Bean Chili

This light, zesty Mediterranean-style chili makes a delicious one-pot meal and provides big boosts in calcium, iron and vitamin C. Swap Parmesan shavings for the mozzarella to mix things up and toss in different beans or olive varieties.

## **Ingredients:**

1 Medium red onion, finely chopped \*(about ½ cup)  
1 clove garlic, minced  
2 Tbsp. extra virgin or regular olive oil.  
One 15 oz can tomato sauce  
One 15 oz can black beans, rinsed and drained  
One 15 to 10 oz can great Northern beans, rinsed and drained  
One 4½ oz can diced tomatoes  
1 cup frozen green soybeans  
One 4½ oz can diced green chili peppers  
1/2 cup water  
1 Tsp. balsamic vinegar  
1/3 cup sliced pitted ripe olives  
2 Tbsp. snipped fresh cilantro.  
Hot cooked rice, pasta or couscous  
Shredded mozzarella cheese (optional)

## **Directions:**

**Step 1:** In a large saucepan, cook and stir onion and garlic in hot oil over medium heat for 5 minutes or until tender.

**Step 2:** Add tomato sauce, black beans, great Northern beans, diced tomatoes, soybeans, chili peppers, water and vinegar. Bring to boiling; reduce heat.

**Step 3:** Simmer, covered, for 20 minutes, stirring occasionally. Stir in olive and fresh cilantro.

**Step 4:** Simmer, covered, for 5 minutes. Ladle chili into bowls over rice, pasta, or couscous, top with mozzarella cheese if desired and serve

## **LITTLE BEANS, LOTS OF NUTRIENTS**

**IRON:** Women in particular need it to help create red blood cells. Beans supply anywhere from 1 to 4 mg of iron in every half-cup serving. That's an amount similar to what you'd get in a serving of beef.

**FOLATE:** Pregnant women need at least 400 mcg daily to help prevent neural-tube defects in their babies. Eating one cup of cooked beans provides, on average, 264 mcg of this important nutrient.

**POTASSIUM:** It's responsible for blood pressure regulation and heart health. Just one cup of cooked beans contains as much as 960 mg of potassium-nearly a third of the recommended daily intake.

**FIBER:** It cleanses the colon and helps maintain intestinal health. One cup of cooked beans has an entire day's supply