

## Chili

### Ingredients:

1 tbsp. olive oil  
1 onion, chopped  
1 red pepper, chopped  
1 yellow pepper, chopped  
1 orange pepper, chopped  
1 large can crushed tomatoes  
1 can dark red kidney beans, drained and rinsed  
1 can light red kidney beans, drained and rinsed  
1 can white northern beans, drained and rinsed  
1 cup water  
sea salt, black pepper, and chili power to taste  
(optional) add cooked chicken, turkey, or beef

### Directions:

1. In a stock pot saute the onion and peppers in the olive oil until tender.
2. Add the remaining ingredients and simmer for about 35 minutes.