

# Three-Bean Vegan Chili

Prepare and set aside:

**½ cup decaf (or regular) espresso or strong coffee**

**1 cup vegetable broth**

Prepare veggies and add directly to a large pot:

**1 ½ cup chopped onions**

**1 cup sliced carrots**

**1 small sweet potato, peeled and cubed**

**1 red pepper seeded and chopped**

**1 yellow pepper seeded and chopped**

**1 large poblano pepper seeded and chopped**

Prepare and set aside:

**6 cloves minced garlic**

Measure spices into a small cup:

**2 teas salt**

**2 teas coriander**

**2 teas cumin**

**2 teas chili powder**

**1 teas paprika**

**1 teas oregano**

**1 teas basil**

**½ teas crushed red pepper (optional)**

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In **2 Tablespoons Olive Oil**, saute onions, carrots, sweet potato and peppers until onions start to soften

Add in: Minced garlic and saute another minute

Add in:

**16 oz can of tomato sauce**

**16 oz can of petite diced tomatoes**

Coffee

Broth

Spices

**¼ cup cocoa powder**

**2 Tablespoons maple syrup** (or sugar in the raw instead)

**1 Tablespoon apple cider vinegar**

Add in drained and rinsed beans:

**1 can kidney beans**

**1 can black beans**

**1 can white beans** (my favorite are cannellini but baby butter beans or regular butter beans are nice)

Simmer, stirring occasionally, until sweet potatoes are soft enough to bite and to your liking. (10 or 15 minutes)