



HIGH FIVE RECIPES

Crockpot Black Bean Chili

**Serves 4 to 6. Prep time: 10 minutes active;
6 hours, 10 minutes total.**

The High Five

1 cup dried black beans, rinsed
2 large carrots
1 medium green pepper, chopped
1 15-ounce can diced tomatoes
¼ cup quinoa

Pantry and Kitchen Items

4 cups water
1 ½ tablespoons chili powder
1 teaspoon salt

Preparation

Combine all the ingredients in the slow cooker and close the lid. Set the cooker on low and cook for 6 hours.

After 6 hours, test the beans for doneness. If they are not quite tender, cover and cook for another half an hour.

Serve hot or transfer to containers to refrigerate or freeze.

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Ingredient checklist

PRODUCE

- Carrots
- Green pepper
- Tomato

BULK

- Black beans
- Quinoa

GROCERY

- Canned diced tomatoes

SPICES/SEASONINGS

- Chili powder
- Salt

Serving suggestion

Cornbread flecked with diced jalapeno peppers makes a tasty accompaniment to this hearty chili.

Nutritional information per serving

210 calories	40 g. carbohydrate
1.5 g. fat	10 g. fiber
0 mg. cholesterol	12 g. protein
670 mg. sodium	

The nutritional values and information provided are approximations.

