

## Lisa's 4-Leaf Chili...from three beans to four leaves



### Ingredients:

- 4 cups of brown rice, bulgur wheat, quinoa, or wheat berries (any whole grain of your choice)
- 1 large onion, chopped
- 2 cloves garlic, minced or pressed
- 2 bay leaves
- 2 green, orange, yellow or red peppers, seeded and chopped
- 2 stalks celery, chopped
- 2 carrots, chopped
- 2 cup chopped mushrooms
- 1 jalapeno pepper, seeded and chopped (optional)
- 1 15 oz can kidney beans (low sodium – i.e. goya), drained and rinsed
- 1 15 oz can black beans (low sodium – i.e. goya), drained and rinsed
- 1 15 oz can chickpeas (low sodium – i.e. goya), drained and rinsed
- 3 cups water
- 2 28 oz cans sodium free diced tomatoes, with juice (or fresh tomatoes)
- 1 6 oz can tomato paste (no salt added)
- 1 can corn or 1 cup frozen
- 1 apple, chopped
- 2 tbsp chili powder
- 2 tsp coriander
- 2 tbsp dijon mustard (whole grain)
- 1 tbsp blackstrap molasses (unsulphured)
- 1/2 cup chopped parsley or cilantro
- sea salt and pepper to taste

### Directions:

1. make whole grain first
2. sauté onion on medium heat in large sprayed (i.e. Pam) soup pot for 5 minutes
3. add garlic, bay leaves, bell peppers, celery, carrots, mushrooms and jalapeno (optional), then cook on medium for 5-10 minutes
4. note: add water (1 tbsp at a time) as needed to avoid burning
5. add beans, water, tomatoes, tomato paste, corn, apple, remaining seasonings, mustard, molasses and parsley or cilantro
6. cover and simmer on low for 20-30 minutes
7. lightly season with salt and pepper
8. add whole grain to a bowl and pour chili on top
9. store whole grain in a separate container enjoy!

*This is my husband, Jason's, favorite recipe. He never tires of it! It was inspired by Rip Esselstyn's Three Bean Chili. We enjoy it any time of year. It is pretty easy to make and depending on your appetite can last up to a week.*

*Scoring high in the 4-Leaf range with well over 80% of its calories from whole, plant-based foods. Contains zero animal products.*

*Let me hear from you at [lisa@4leafprogram.com](mailto:lisa@4leafprogram.com) From Lisa with love...*



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