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QUICK AND EASY
Vegan recipes from the goat.

PINTO BEAN CHILI

INGREDIENTS

1 TBSP - olive oil
1 medium onion - diced
1 clove garlic - minced
1 can - pinto beans
1 can - diced tomatoes
1 can - chopped green chilis
1/2 cup - catsup

DIRECTIONS

Using a medium sauce pan, saute the onion in the olive oil for 3 to 4 minutes. Add the garlic and sauté for 1 more minute. Next, add the remaining ingredients. Simmer for 15 to 20 minutes and serve with tortia chips.

This recipe makes about 4 servings.
Scale up or down for the quantity you need.

COMMENTS

Pinto Bean Chili has a smoother taste than chili made with kidney beans. We suggest that you serve it with tortia chips. You don't need a spoon. If you are making it in season, use fresh tomatoes and peppers. The recipe turns out rather mild, but you can add some more peppers to heat it up if you like. Be adventurous! Oh yeah, don't forget the catsup. It is the secret ingredient, and the recipe isn't complete without it.

Enjoy!