

BEAN AND BEEFY CHILI SOUP

Serving: 8
Total time taken: 30 minutes

INGREDIENTS

- 1 pound lean ground beef
- 2 cans cut tomatoes
- 1 can black beans
- 1 can pinto beans
- 1 can kidney beans
- ½ cup red bell pepper (chopped)
- ½ cup yellow bell pepper (chopped)
- 1 cup onion (chopped)
- 3 cloves garlic (minced)
- 1 teaspoon vegetable oil
- 1 ½ tablespoon chili powder
- 1 teaspoon oregano
- 1 teaspoon dried cumin
- 1 tablespoon brown sugar
- Salt and pepper, to taste

DIRECTIONS

1. Heat over medium-high heat in a heavy bottom pan. Add beef, bell peppers, garlic and onion. Cook until vegetables are tender and beef is browned.
2. Stir in brown sugar, tomatoes, beans and spices. Bring to a boil.
3. Reduce heat and simmer for 30 minutes, or until chili has reached desired consistency.
4. Serve with grated cheese and sour cream.