



Healthy Heartbeats' Chili in a Slow Cooker

- 1 can 29oz. tomato sauce
- 1 jar 16oz. mild salsa (use your favorite kind)
- 1 can diced tomatoes, can substitute 2 chopped fresh tomatoes
- 1 can dark red kidney beans (rinsed)
- 1 can light red kidney beans (rinsed)
- 1 can black beans, (rinsed)
- 1 12oz. bag frozen broccoli cuts can substitute 2 cups chopped broccoli
- 12 oz. bag frozen carrots, can substitute 2 cups chopped carrots
- 12 oz. bag frozen organic non-GMO corn (optional)
- 1 cup chopped mushrooms (optional)
- $\frac{3}{4}$ cup chopped peppers (any color)
- 1 tbsp. chili powder
- 1 package of organic chili seasoning packet mix (*I use gluten-free*)

Instructions:

Pour sauce into the bottom of the slow cooker; add chili powder, and chili seasoning mix, and mix well. Rinse beans and add to sauce. Add remaining ingredients and mix well.

Hint: Roast your veggies in the oven then stir them into the chili mixture for a unique, flavorful taste experience!

I usually slow-cook this recipe for 6 hours. If I'm in a hurry and since there is no meat, I have been known to bump up the time and temp in my slow cooker to 4 hours.

This chili is also great for leftovers and is freezer friendly.

As always, feel free to add or take away optional veggies in this dish! It's always fun to experiment with recipes customized to your favorite taste. The most important thing to remember is to keep the ingredients as whole and unprocessed as possible.

   **ENJOY AND FEEL THE HEALTH**   