

Anjie's Texas Beans

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Warm 2 T. (Tablespoons) oil and sauté:

2 cups chopped onions

4 cloves chopped garlic

1/3 cup chopped bell pepper

Add:

4 Tablespoons Chili-like seasoning (recipe below)

1 T. cumin

Cook 2 more minutes

(If desired, Stir in 1/2 cup reconstituted TVP or 1/2 cup burger type soy crumbles [Morningstar or Boca])

Then add 1 can (or about 2 cups homecooked) of each (low sodium if desired) pinto, red kidney and black beans. You can substitute as desired one or more other types - lentils, white, navy, blackeyed peas, etc. - to total three types of beans.

Add 2 cups canned diced tomatoes

1 small can tomato paste

Simmer gently a few more minutes until flavors blend. Can use different types of beans (lentils, white, navy, or blackeyed peas, etc), or one type (or more) of freshly cooked beans as I usually do.

***Live-for-Health* Chili-like Seasoning Mix** - this can be used in various Mexican recipes:

2 T. (Tablespoon) Paprika

1 T Parsley flakes

1 T. Basil

1 T. Onion Powder