



Black and White Bean Chili

NIBBLEDISH CONTRIBUTOR

Ingredients

- 2 cans of black beans
- 2 cans of Garbanzo beans (chickpeas)
- 1 can of tomato sauce
- 1 tsp cinnamon
- 2 tsp chili powder
- 2 tsp garlic powder
- 1 fresh jalapeno pepper

- 1 pound pasta (optional, and delicious)
- 1 pound of ground beef or sausage (vegetarian sausage works fine)
- shredded or grated cheese

Instructions

Pour all the beans into a large crock pot, along with the tomato sauce, cinnamon, chili powder, and half of the garlic powder. Chop the jalapeno and add to the pot as well and start cooking on low.

Meanwhile, boil some water for the pasta and begin browning the meat (or meat substitute) with garlic powder and any other spices as desired. Drain the pasta and the meat and add both to the pot. Cook on low for 4 hours or high for two hours.

Serve with fresh grated or shredded cheese of your choice.