

Three Bean Chili Pot Pies

Yield: 5 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-living-three-bean-chili-recipe>

Ingredients:

- 1 sweet onion diced
- 1 red bell pepper diced
- 1 green bell pepper diced
- 2 tablespoons olive oil
- 2 garlic bulbs roasted
- 30 ounces cannellini beans drained and rinsed
- 15 ounces pinto beans drained and rinsed
- 15 ounces kidney beans drained and rinsed
- 56 ounces crushed tomatoes
- 1 tablespoon tomato paste
- 2 tablespoons chili powder
- 1 tablespoon cumin
- 1 tablespoon cocoa powder unsweetened dark
- 1 tablespoon brown sugar
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon cayenne pepper
- biscuits Cornbread
- 1 1/2 cups cornmeal finely ground
- 1 1/2 cups whole wheat pastry flour
- 1 tablespoon baking powder
- 1 tablespoon granulated sugar
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1/4 cup unsalted butter cold, cut into chunks
- 1 1/8 cups milk
- melted butter for brushing

Nutrition:

1. Calories: 850 calories
2. Carbohydrate: 135 grams
3. Cholesterol: 35 milligrams
4. Fat: 25 grams
5. Fiber: 14 grams
6. Protein: 37 grams
7. SaturatedFat: 9 grams
8. Sodium: 1840 milligrams
9. Sugar: 14 grams

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