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Eat great and have fun outdoors.

Three Bean Chili

Unsalted vegetable broth
1 medium onion dice
10 cloves garlic finely diced
3 Jalapeño peppers diced
1 red bell pepper
1 large sweet potato chopped
1 parsnip chopped
1/2 tablespoon ground cumin
1 tablespoon chili powder
1 teaspoon paprika
1 teaspoon dried oregano
1 15 oz can black beans, drained
1 15 oz can kidney beans, drained
1 15 oz can navy beans, drained
2 15 oz cans diced tomatoes
1 cup water
1/2 cup chopped fresh cilantro

Add a couple tablespoons vegetable broth to a medium stock pot. Sauté the onions over medium heat. Add more vegetable broth as necessary to keep it from sticking. When the onions turn translucent, add the garlic. Continue cooking for another minute or two.

Add the jalapeños, bell pepper, sweet potato, parsnip, cumin, chili powder, paprika and oregano. Give it all a good mix. Continue cooking for 5 minutes until the veggies begin soften. You may need to add additional broth to keep it from sticking.

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Add the beans, diced tomatoes and water. Turn the heat up on high. When the pot boils, turn down the heat and simmer for 40 minutes, until the sweet potatoes are soft. Stir in the fresh cilantro.

Line your dehydrator trays with parchment paper. Dehydrate 4 to 6 hours. Flip and dehydrate another 4 to 6 hours until dry and crumbly.

To rehydrate, place the dehydrated meal in your cook pot. Add water to the level of the food. Let it sit for 5 minutes. Bring to a boil and give it a good stir. Add additional water as needed. Place pot in a cozy for 10 to 15 minutes. Enjoy.