

# VEGAN Chilli

## **Ingredients:**

Pint jars and lids, washed

Per jar, raw packed:

1/4 cup mixed beans, dry, no soaking or pre-cooking (Ex. 1 TBSP, black, 1 TBSP northern, 1 TBSP, pinto, 1 TBSP garbanzo)

1 TBSP chopped onions

1 TBSP chopped bell peppers

1 tsp chopped cilantro

1/4 tsp oregano

1/4 tsp cumin seeds

1/4 tsp chilli flakes OR 1 TSP chopped jalapeños

1/4 tsp salt

1/4 tsp sugar

Fill to 1 inch headspace with tinned plum tomatoes (liquidized).

Stir.

## **Pressure Canning:**

Process at 11 pounds for 75 minutes.