

13 Bean Crock-Pot Chili

(This recipe requires the beans to be soaked overnight, so you must prepare for this one!)

- 2 cups of Bob's Red Mill 13 Bean Soup Mix
- 1 lb ground beef, free range and organic, if possible
- 1 medium onion, chopped
- 1-14.5oz can diced tomatoes
- *1 cup of water
- *1-2 tbsp tomato paste
- *Can substitute 1-8oz can of tomato sauce if preferred
- 1-2 tbsp chili powder
- 1/2 tsp dried basil
- 1 clove garlic, minced

Wash 2 cups of the Bob's Red Mill Soup Mix, then cover the beans with water in a bowl and soak overnight to soften (Soaking beans overnight actually begins bean germination and promotes enzyme release. The germination process is what breaks down all the complex bean sugars. Breaking down the complex sugar is a good thing as this is what gives us gas. Apparently, soaking beans overnight can reduce complex sugars by up to 60 percent. I usually use this method of soaking dried beans with exceptional results – no gastrointestinal gas.

In the morning, drain and rinse the beans. Place beans into a 5-6 qt crock-pot. Then add the remaining ingredients, stirring to mix. Cook on low for 6-7 hours or on high for 4-5 hours, or until beans are tender.

Serve with a garnish of Colby Jack cheese, either organic or vegan and a dollop of organic sour cream. Enjoy!