

Mam Griffin's Three Bean Chili

2 teaspoons vegetable oil
1 ¼ lbs. ground turkey or lean ground beef
1 small onion, chopped
½ teaspoon minced garlic
1 can (16 ounces) red kidney beans,
rinsed and drained
1 can (15 ½ ounces) lima beans,
rinsed and drained
1 can (15 ½ ounces) garbanzo beans,
rinsed and drained
1 can (28 ounces) whole tomatoes
1 can (7 ¾ ounces) Mexican style tomato sauce
(I use El Pato – salsa de chile fresco)
2 tablespoons catsup
1 tablespoon dried oregano
1 tablespoon chili powder, or to taste
1 teaspoon salt

Heat the oil in a large Dutch oven. Add meat, onion and garlic; cook over medium high heat, stirring to break up large pieces, until meat loses its pink color. Add remaining ingredients. Lower heat and simmer 45 minutes to an hour, stirring occasionally. Serve with sour cream, grated jack and cheddar cheese, warm corn tortillas or chips.