Directions
1. In an 8-quart soup or pasta pot, heat the oil over medium heat until hot but not smoking; add onion; cook and stir until onion starts to soften, about 5 minutes
2. Add celery and green pepper; cook and stir another 5 minutes, until all vegetables soften
3. Add drained and rinsed beans to pot
4. Stir in tomatoes, cumin, and chili powder
5. Bring to a boil; cover, reduce heat, and simmer 10–20 minutes to blend flavors
6. Serve immediately

Ingredients
- 2 Tbsp canola oil
- 1 C onion, coarsely chopped
- ½ C celery, rinsed and chopped
- ¹⁄₂ C green bell pepper, rinsed and diced
- 1 can (15½ oz) low-sodium black beans, drained and rinsed
- 1 can (15½ oz) low-sodium red kidney beans, drained and rinsed
- 1 can (15½ oz) low-sodium pinto beans, drained and rinsed
- 2 cans (14½ oz each) no-salt-added diced tomatoes with basil, garlic, and oregano
- 1 Tbsp ground cumin
- 1 Tbsp chili powder

Tip: Delicious with rice