

THE ARCHITECT'S  
COOKBOOK

# THE ARCHITECT'S COOKBOOK



## MEATLESS TWO-BEAN CHILI

### Specifications

Equipment: 3 quart, non-stick saucepan  
Yield: 3 or 4 servings

### Materials

- 2 tablespoons vegetable oil
- 1/2 cup black seeded onion
- 1 green bell pepper
- 1 small garlic clove, minced
- 2 tablespoons all-purpose flour
- 1 can Italian tomatoes, seeded and drained, with liquid reserved
- 1 can garbanzo beans, rinsed and drained
- 1 can kidney beans, rinsed and drained
- 1/2 teaspoon chili powder
- 1/2 Dash of black pepper

### Construction

Heat the oil in the saucepan. Add onion, bell pepper and garlic. Cook over medium-high heat, stirring frequently until onion is softened, 1 to 2 minutes.

Sprinkle flour over the vegetables and stir quickly to combine. Cook, stirring constantly for 1 minute. Continuing to stir, add the tomatoes with reserved liquid, beans, chili powder and pepper. Reduce heat to low, cover and cook until mixture thickens, 15 to 20 minutes. If too thick, add a little water.

### Pinch List

Serve with a loaf of Ciabatta or your favorite bread, well-warmed in the oven.

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Source: Bill Mack, AIA

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ENTRÉES: FISH and PASTA

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Desserts  
Side Dishes  
Breakfast