



Three Bean Chili

2 Tablespoon olive oil
2 medium onions
1 medium red pepper
1 medium green pepper
6 cloves Lanark County garlic minced
2-16oz cans of Utopia Tomatoes
(Top Choice in a National Taste Test Survey)
2-14 oz cans Eden Red Kidney Beans
2 cups Frozen corn OR 1-14ozcan Eden Black Beans
(Eden Beans have no salt added)
1-14 oz can vegetarian refried beans with chili
1-tablespoon ground cumin
2-tablespoon chili powder
1-tablespoon Mark's Canadian Killer Hot Sauce
3 tablespoons Local Maple Syrup
1-teaspoon salt

In a large pot warm olive oil. Add onion, peppers, and garlic. Sauté for 5 minutes or until onion is softened. Add tomatoes, kidney beans and black beans. Stir well to combine. Add cumin, chili powder, hot sauce and salt. Stir in refried beans to thicken chili. Reduce heat to low and simmer for 15 minutes.

For the meat lovers among us you could brown up some local brown wrapped ground beef and put it in as well. Brown the beef draining off any fat then proceed with the recipe. Finish this off with some grated local Canadian cheddar cheese and a loaf of fresh Stonemill Nine Grain Bread.



FAST FACTS

- Foodsmiths is one of Canada's largest, original natural food stores, having started business in 1976.
- Foodsmiths carries an extensive compliment of natural and gourmet foods.
- Foodsmiths present location offers 6,507 sq ft of retail space and is an epicenter for natural food shoppers in Eastern Ontario.
- Voted CHFA Best Natural food store in Canada for 2004.
- Winner of three Environmental Awards in 2007.
- Winner of Perth & District Chamber of Commerce Business Achievement Award for 2008.
- Largest retailer of local products in the area supporting local farmers.
- Foodsmiths carries over 45 products produced locally with a select pool of local suppliers.
- Best selection of cheeses in Lanark County with over 400 different cheeses with a focus on small artisanal cheesemakers.
- Foodsmiths Donations programs have raised over \$10,000 to local charity groups.
- Foodsmiths Staff are the most welcoming you will ever meet and they provide customer service the way its meant to be.