***::Basic Soaked Chili Beans::***

*1 c. kidney beans*

*1 c. black beans*

*1 c. pinto beans*

*3 T. fresh lemon juice*

*Place dry beans in a large bowl and cover with warm water, add in the lemon juice.  Set aside in a warm place for 12-16 hours.  Drain out the soaking water, rinse, pour beans back into pot and cover with water, and add in optional spices: 3 T chili powder, 1 T  garlic powder, 2 T kosher salt, 1 T black pepper.  Bring to a boil, skim off foam, reduce heat, cover and simmer for 2-4 hours, adding water as necessary to keep beans covered.  Cook until they’re tender but still a little firm… al dente.*

***::Beef and Bean Chili::***

*1 yellow onion, chopped*

*4 garlic cloves, minced*

*2 carrots, halved or quartered and sliced*

*1 lb grass-fed ground beef*

*2 t. chili powder*

*1-2 t. dried oregano*

*pinch of red pepper flakes, optional*

*1 t. salt*

*2-3 T tomato paste*

*1 (15 oz) can crushed (unseasoned) tomatoes and the juices (or 4 big organic garden tomatoes, pureed in food processor)*

*1 (28 oz) can diced (unseasoned) tomatoes and juices*

*6-8 c. combination of kidney, black, and pinto beans, soaked, drained, simmered, drained*

*3-ish quarts beef stock, or as needed to get desired consistency*

*Heat about 4 T olive oil in bottom of a large soup pot, when hot add in onion and saute until translucent, about 5-7 min.  Add in garlic, cook 2-3 min., sprinkle in salt and pepper, add carrots and saute another 5 min. stirring often.  Add ground burger and cook until browned, meanwhile adding in the chili powder, oregano, red pepper flakes.  Stir in tomato paste, crushed tomatoes and diced tomatoes along with their juices.  Stir and then add in enough soaked beans and beef stock to get desired consistency.  Let simmer 1-2 hours, salt and pepper to taste.*