

Meals-in-a-Jar
Made Easy

VEGAN CHILI

1 tsp. Cocoa Powder
1/2 tsp. Himalayan Salt
1/2 T. Chili Powder
1/2 tsp. Cumin
1/4 tsp. Cayenne Pepper
1/8 tsp. Cinnamon
2 tsp. Beef Bouillon
2 tsp. Thrive Garlic
1 T. Thrive Tomato Powder
1/4 c. Thrive Onion Slices
1/4 c. Thrive Green Chili Peppers
1 c. Thrive Instant Black Beans
3/4 c. Thrive Red Bell Peppers
3/4 c. Thrive Butternut Squash
3/4 c. Thrive Diced Tomatoes

Bring 3 cups of water to a boil in a medium saucepan. Add contents of jar and stir well. Reduce heat and simmer until beans are soft.

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