

## STRATFORD SWEET CHILI



### TIME TO PREPARE

20 Minutes



### COOK TIME

6 TO 10 Hours



6 TO 8 SERVINGS



### Ingredients

- 1 can (19 oz/540 mL) chickpeas, drained and rinsed
- 1 can (19 oz/540 mL) red kidney beans, rinsed and drained
- 1 can (28 oz/796 mL) whole plum tomatoes, chopped
- 1 cup frozen corn kernels
- 2 carrots, peeled and diced
- 2 large cloves garlic, minced
- 1 red onion, finely chopped
- 1 cup ketchup
- 2 tbsp liquid honey or maple syrup
- 3 tbsp chili powder
- 1/2 tsp cayenne pepper
- 1 EACH red, green and yellow bell pepper, diced
- Sour cream, optional
- Sliced jalapenos, cilantro

### Steps to Make

1. In a slow cooker, combine chickpeas, kidney beans, tomatoes, corn, carrots, garlic and red onion. In a bowl, combine ketchup, honey, chili powder and cayenne; mix well and pour into slow cooker. Stir mixture to combine.
2. Cover and cook on LOW for 8 to 10 hours or on HIGH for 4 to 6 hours, until hot and bubbling.
3. Add chopped peppers and turn heat to HIGH and cook for an additional 20 to 25 minutes. Serve in bowls with a dollop of sour cream if desired. Garnish with sliced jalapenos and cilantro.

**Leftovers:** Make a batch of nachos with leftover chili. Lay tortilla chips onto a baking sheet; top with pickled jalapenos, leftover chili and grated cheese. Warm in 350 F oven for 10 minutes and serve hot with sour cream and guacamole.