**Veggie Bean Chili**

* 1 tablespoon olive oil
* 1 medium yellow or vidalia onion, chopped
* 1 large [red pepper](http://www.foodterms.com/encyclopedia/red-pepper/index.html), seeded and chopped
* 1 large green pepper, seeded and chopped
* 1 large jalapeno pepper, seeded and chopped
* 4 cloves [garlic](http://www.foodterms.com/encyclopedia/garlic/index.html), crushed and chopped
* 1 cup pale beer or organic vegetable stock/broth
* 1 (32- ounce) can crushed [tomatoes](http://www.foodterms.com/encyclopedia/tomato/index.html)
* 1 (14-ounce) can black beans, rinsed
* 1 (14-ounce) can dark red kidney beans, rinsed
* 1 tablespoon ground cumin
* 2 tablespoons [chili powder](http://www.foodterms.com/encyclopedia/chili-powder/index.html)
* 2 packets stevia (optional)
* 1 tablespoon cayenne hot pepper sauce
* 1 teaspoon coarse sea salt
* 1 cup [vegetarian](http://www.foodterms.com/encyclopedia/vegetarian/index.html) refried beans

Toppings:

* Chopped scallions, whites and [greens](http://www.foodterms.com/encyclopedia/greens/index.html)
* Diced fresh seeded plum tomato
* Nonfat sour cream

**Directions**

Over moderate heat, add oil to a deep pot and combine onion, peppers, and garlic. Saute for 3 to 5 minutes to soften vegetables. [Deglaze](http://www.foodterms.com/encyclopedia/deglaze/index.html) pan with beer or broth, add tomatoes, black beans, red [kidney](http://www.foodterms.com/encyclopedia/kidney/index.html) beans, and stirring to combine.

Season chili with cumin, chili powder, stevia, hot sauce, and salt. Thicken chili by stirring in [refried beans](http://www.foodterms.com/encyclopedia/refried-beans/index.html). Simmer over low heat about 20 minutes or longer, then serve up bowls of chili topped with scallions, tomatoes and sour cream.