**Chunky Veggie Stew**

**INGREDIENTS**

* 2 tbl olive oil
* 2 large onions, chopped
* 1 red pepper, chopped
* 1 yellow pepper, chopped
* 1 orange pepper, chopped
* 3 cloves crushed garlic (more is always good!)
* 2 tbsp chili powder
* 2 tbsp ground cumin
* 1-2 tsp oregano
* ground black pepper to taste
* 1 tbsp brown sugar
* 2 (15 ounce) cans black beans rinsed and drained
* 1 (16 ounce can) garbanzo beans, rinsed and drained
* 1 (16 ounce) can kidney beans, rinsed and drained
* 28 ounce can crushed tomatoes (do not drain)
* 1 (15 ounce can) diced tomatoes with green chili (do not drain)

**DIRECTIONS**

Heat olive oil,  add onions, peppers and garlic and cook until soft

Add remaining ingredients and simmer for about 1 hour.

This recipe is easy, delicious and best of all, LOADED with fiber and lean protein.  Even better than all of that – I bet you have all the ingredients in your kitchen right now.