



Montana Gluten Free Processors

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## Rocky Mountain Chili

### Ingredients:

1 ½ cups Montana Gluten Free Rocky Mountain Rice  
3 cups water  
1 onion  
1 green pepper  
4 tsp chili powder  
¼ tsp hot pepper sauce  
⅓ tsp black pepper  
8 oz can tomato sauce (unsalted)  
28 oz can diced tomatoes (unsalted)  
2 cups vegetable or beef broth (reduced sodium)  
15 oz can kidney beans (unsalted)  
15 oz can white beans (unsalted)

### Directions:

- Cook Rocky Mountain Rice according to package directions with 3 cups water until softened.
- Drain any excess water.
- Meanwhile, chop onion and green pepper.
- Cook onion and green pepper in microwave for 1 minute (or until slightly soft).
- In a 4-quart pot, combine remaining ingredients with Rocky Mountain Rice and vegetables.
- On stovetop, bring mixture to a boil.
- Simmer uncovered for 1 hour, or until desired consistency is reached, stirring occasionally.

Serves 8. Enjoy!

Calories: 250, Protein: 17g, Carbohydrates: 50g, Fiber: 13g, Fat: 3g, Sat. Fat: 1g