

Black Bean Chili

Culinary Medicine, Nutrition Services

Serves: 8, Serving Size: 1 cup

Equipment: cutting board, knife, skillet, spoon, slow cooker

Ingredients

2 tbsp cooking oil (e.g. olive, coconut, canola)	2 tsp raw un-sweetened cacao powder
1 medium onion, diced	1 tsp cumin, ground
1 pinch salt	1 tsp oregano, dry
2 medium bell peppers, diced	1-2 cans (28 oz) crushed tomato
5 cloves garlic, minced	1 cup water
1 ea jalapeno pepper, ribs and seeds removed, minced	1 1/2 cup dry black beans
1-2 tbsp chili powder (to taste)	1 ea lemon, juiced
1 tbsp smoked or sweet paprika	Optional Garnish:
2 tsp cinnamon, ground	Avocado, crème fresh, yogurt, sour cream, cilantro, parsley, scallion

Instructions

1. In a skillet, warm oil over medium heat. Add onions and a pinch of salt. Sweat onions for 3-5 minutes or until translucent.
2. Add bell peppers and sauté 2 minutes until tender.
3. Add garlic, jalapeno, chili powder, paprika, cinnamon, cacao powder, cumin, and oregano and cook, stirring, for 1 minute.
4. Remove from heat and transfer to slow cooker.
5. Add tomatoes, water, beans, and a pinch of salt. Stir.
6. Cover and cook on low for 8-10 hours or until beans are tender.
7. Add lemon juice and garnish and serve.



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Why We Like This Recipe

Get this one going in the morning and come home to dinner done! This black bean chili is full of flavor guaranteed to warm up any cold evening.

Chef's Notes:

- Use or freeze within 7 days.
- Season to taste! If you like it spicy, use jalapeno and cayenne or swap those out for mild paprika.
- This recipe can be done in under an hour by using a pressure cooker or by swapping out dry beans for drained and rinsed canned beans!

Nutrition Notes:

- Serve this chili with rice for a complete plant-based protein.

Gardener's Notes:

- *Phaseolus vulgaris* (Black Beans) are Native to Central and South America and each compact and productive plant can produce 150-300 bean seeds. Beans can be dried and stored for use in the winter season.



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