

Chili-Riffic Black Beans

Makes: 6 Servings

Our Vegetarian Black Bean Chili has a hint of cinnamon that invites you to take a taste - no matter what you think of black beans!

Ingredients

- 2 cans** Black beans, canned, drained (15.5 oz)
- 1 cup** Diced Spanish/ yellow onion
- 1 cup** diced celery
- 1 cup** Diced baby carrots
- 15 ounces** canned diced tomatoes
- 1/4 teaspoon** Fresh chopped garlic
- 1/4 teaspoon** Garlic, granulated
- 1/4 teaspoon** ground cumin
- 1/4 teaspoon** chili powder (dark)
- 1/4 teaspoon** paprika (sweet)
- 1** Whole cinnamon stick
- 1** piece Bay leaves
- dash** salt
- 2 tablespoons** hot sauce
- 4 tablespoons** olive oil

Directions

1. Heat oil in a wide-mouthed flat pot or pot. Sauté garlic and onions. Add celery and carrots. Cook 5 minutes.
2. Add soaked dry beans (or canned beans) and dry spices (reserve salt and hot sauce). Stir to coat.
3. Add 4 cups of water and simmer 1.5 hours.
4. Add tomatoes (with juice) and hot sauce. Bring back to simmer. Adjust salt. Remove from heat when beans are tender.



5. If using canned black beans, be sure to rinse for 3 seconds to reduce the sodium.

Notes

Our Vegetarian Black Bean Chili has a hint of cinnamon that invites you to take a taste - no matter what you think of black beans! Once you taste it the crunchy-sweet carrots get some attention. Then there's plenty of savory spices, celery, onions and tomato to round out the flavor. Some of our tasters weren't too sure about the dish at first - but once they took a bite they wanted seconds! It's great in a big bowl topped with cheese or as a side (maybe with a hot dog or grilled chicken) or even a scoop served chilled on top of a salad with whole wheat chips! YUM!

Serving Tips:

Can be served as meal, side dish, or blended for black bean dip.