



Meatless Chili with Vegetables

Ingredients:

2 C. Pinto beans, dried out 2 C)

2 T. Vegetable oil (olive, organic canola, sunflower)

2 Garlic cloves, minced

1 Bay leaf, each, dried (or fresh if available)

3 T Chili powder* without salt or other flavorings

2 tsp Cumin, ground

1 tsp Paprika, smoked (aka PIMETÓN)

2 T Tomato Paste

14,5 oz. Tomato, diced, canned

28 oz. Tomato Purée

½ tsp Chili flakes, dried

Salt and ground black pepper

1-2 Ears of Corn, kernels cut off

1 Zucchini, medium, cut into small cubes, not much larger than the corn kernels

½ Cilantro bunch, cut into thin ribbons (use the stems, they have flavor!)

1 tsp Vinegar

Method:

Pick the beans over and sort out stones (Organic beans seldom have stones) and rinse. Soak the beans 6-8 hours or overnight in the cooking pot with enough water to cover by 3 inches. Set the beans over medium-high heat in the morning and bring to a low boil, skimming any foam off the top. When the beans have come to a boil and stopped foaming, add a bay leaf and continue to cook until al dente. Do not drain. Keep the beans warm until the next step is complete.

Have the onions and garlic ready to go (I prep the onions and garlic the night before when I soak the beans) When the beans come up to a boil, heat a pot big enough to cook all of the ingredients and when the pot is hot, add the oil and heat. When the oil is hot, add the onions



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and season with a pinch of salt and black pepper. When the onions are translucent but not browned, add the garlic and stir. Add the chili powder, cumin, paprika, stir for a minute until the spices bloom and become aromatic. Add the tomato paste, tomato sauce and diced tomatoes. Bring to a gentle simmer cook for 5-10 minutes, lower heat if necessary.

When the beans are cooked, but not yet tender add them to the onion-tomato pot directly from the bean-cooking pot. When all of the beans are added, ladle in enough bean cooking liquid to cover by 1 inch. Season with 2 tsp of salt and 1 tsp of black pepper. Continue to cook until the beans are tender and add the zucchini, corn, cilantro and chili flakes, adding more bean water as needed. Cook for another 10 minutes until the vegetables are tender. Add the vinegar, stir and taste. Adjust for seasoning with additional salt and chili flakes as needed.

Serve with optional garnishes: grated cheese, tortilla chips, sour cream or chopped green onions.

*Source for ground Chile powders: <http://www.potreroTradingpost.com/RedChile.html>

I used both Big Jim Chile molido and the Heirloom Chile powders in the sampling.

Yield: about $\frac{3}{4}$ Gallons