

Vegetarian Chili

RECIPE

Harvest: Sweet Peppers, Dry Beans, Cilantro

- Servings: 12

Supplies

- Induction cooktop and large pot (10 quart min)
- Colanders and dish towels for washing vegetables
- Cutting boards, knives, kitchen scissors, grater
- Induction cooktop and soup pot
- Ladle, Bowls and spoons for serving

Ingredients

- 2 tsp paprika
- 2 tsp coriander
- 2 tbsp cumin
- 4 tbsp chili Powder
- 6 tbsp olive oil
- 4-6 cloves garlic, minced
- 2 yellow onion, diced small
- 4-6 bell peppers, diced small
- 4-6 cups dry beans, cooked (either 3 15oz cans kidney, pinto and/or black bean) or pre-cooked heirloom dry beans of any variety
- 6 oz tomato paste
- 4 cups smashed peeled tomatoes (or approx 2 15 oz. cans)
- 2 quarts low sodium vegetable broth or water
- 1 bunch cilantro, chopped, for serving
- Cotija, Cheddar or Jack Cheese, grated (for serving- optional)
- Salt and pepper, to taste

Directions

- Heat oil in large pot over medium heat. Add onions, cooking until fragrant and tender.
- Turn to medium low so as not to burn the garlic and add the garlic and spices, stirring, until fragrant, 1–2 minutes.
- Add beans, tomatoes, broth, tomato paste, and a pinch of salt and turn the heat up to medium high until it begins to boil. Turn it down to a simmer, stirring occasionally. Continue to simmer on medium low, stirring occasionally, until flavors are blended and chili is thickened, about 20 minutes and up to an hour. Taste for seasoning and add more salt if needed.
- Top with cheese and cilantro, serve in 1 cup portions and enjoy!

Notes

- Use any sweet pepper variety.
- Some dry heirloom beans that work well: cranberry/borlotti, scarlett runners, mayocoba and more.
- Adjust spice to the taste and age of the class.

Recipes created by chef/writer Nina Anakar for The School Garden Network's Cooking From The Garden program.