



Black Bean Chili

This is a warm, smoky dish which can be eaten as it is or used as a filling for an enchilada, wrapped in a sprouted tortilla topped with tomatillo sauce,.

6 servings

- 1 cups dried black beans
- 1 bay leaf
- 1 whole dried chipotle chili
- 2 piece of kombu seaweed(3"-4")optional

- 2 Tb olive oil
- 1 large yellow onion chopped
- 2 cloves garlic chopped
- ½ tsp Celtic sea salt
- 2 tsp ground cumin
- 2 Tb chili powder
- 2 tsp dried oregano leaves
- 2 tsp paprika
- ¼ tsp cayenne (optional if you like it spicy)
- 1 28 oz can chopped tomatoes
- 1 tsp rice vinegar
- ½ cup cilantro

- Rinse the beans and remove all the small stones. Cover them with water and let them soak overnight.
- Next day drain the beans, add 6 cups of fresh water, the bay leaf, the chipotle chili and kombu, bring them to a boil. Lower the heat and simmer while you prepare the rest of the ingredients.
- In a large sauté pan heat the olive oil. Add the onions and salt. Sauté over medium-low heat until they are soft about 10 minutes.
- Add the garlic, salt and the cumin, chili powder and oregano. Cook 3 minutes until spices are fragrant.
- Add the paprika and cayenne. Cook another 2 minutes stirring frequently so the spices don't burn.
- Add the tomatoes and their juice. Simmer on low for 15 minutes. Stir occasionally so the tomatoes don't burn.
- Add this mixture to the beans. Add more water if necessary to cover the beans by 1 inch. Simmer on low until the beans are soft about 1 ½-2 hours. Stir every 15 minutes so the bottom doesn't burn. Add more water if necessary so the beans don't dry out.
- Remove the chipotle chili, bay leaf and kombu if there are any big pieces.
- Taste for salt and sprinkle with rice vinegar.
- Mix in cilantro saving a little for garnish when serving.

A few more things...

- You can use two 15 ounce cans of black beans (about 3 cups) instead of soaking and cooking your own. Add them to the tomato and spice mixture with enough water to cover by ½" and cook 30 minutes.
- Top with a little soft goat cheese if you are not sensitive to dairy.