



## 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.