

Vegan Black Bean Chili

4 servings

Vegan Chili Ingredients

4 cups canned black beans
2 teaspoons cumin seed
2 teaspoons dried oregano, crushed
1 med yellow onion, finely chopped
1/2 cup finely chopped green peppers
1 garlic clove, minced
1 1/2 Tablespoon olive oil
1/4 teaspoon cayenne pepper
1/2 tablespoon paprika
1 cup canned sodium-reduced tomatoes, crushed
1/4 cup finely chopped jalapeno chilies

Topping Ingredients

1/4 cup green onions, finely chopped
4 sprigs fresh cilantro or parsley

* non-vegan toppings:
1/4 cup low-fat yogurt
4 ounces part-skim farmer cheese or Lorraine Swiss, shredded

Preparation

1. In a large pot, sauté onions, green pepper and garlic in olive oil with cumin, oregano, cayenne pepper and paprika until onions are soft (about 10 minutes). Add tomatoes, chilies and beans. Stir and heat thoroughly. Add water as needed.
2. To serve: Place one ounce shredded cheese in heated bowl and cover with 1 cup hot chili. Top with a spoonful of yogurt and sprinkle with one tablespoon chopped green onion. Garnish with a sprig of cilantro or parsley.

Cooking A la Heart, Linda Hachfeld, MPH, RD, and Betsy Eykyn, MS, Appletree Press, Inc.