



Spicy (or Not) Vegetarian Black Bean Chili



 16 ingredients  45 minutes  6 servings

Directions

1. Heat the olive oil in a large pot over medium heat.
2. Add the red pepper flakes, onion, carrot, and salt, sauté 4-5 minutes or until the onion is translucent.
3. Add the jalapeno (if using), cumin, paprika, chili powder and garlic, and sauté 2-3 minutes until fragrant (my favorite part of the prep).
4. Add the diced tomatoes, with the liquid. Stir the bottom of the pot well to blend all of the spices.
5. Add the beans, red bell pepper, tomato sauce, water, salt, and pepper. Stir well and let simmer for 30 minutes minimum to allow flavors to combine.

Notes

My favorite garnishes: Fresh chopped or sliced avocado, Fresh chopped cilantro, Fresh chopped white onion

Great sides: Serve with an arugula side salad.

Ingredients

3 tbsps	Extra Virgin Olive Oil
1	White Onion (chopped)
1	Carrot (shredded.)
3	Garlic (pressed or chopped fine)
1	Red Bell Pepper (seeded, chopped)
3 cups	Black Beans (drained and rinsed)
1 cup	Red Kidney Beans
2 cups	Diced Tomatoes (12 oz - or 3-4 vine ripe tomatos chopped)
1 can	tomato sauce (12 oz)
1/2 tsp	Red Pepper Flakes
1 1/2 tbsps	Cumin (add 1/2 tbsps more if you love cumin)
2 tsps	Paprika (Smoked)
1 tbsps	Chili Powder (add 1/2 tbsps more if you like spicy)
1 cup	Organic Vegetable Broth (or water)
1 tsp	Sea Salt
1 1/2 tsps	Black Pepper