

## Vegetarian Black Bean Chili

Serves 4-8

- 1 jalapeno pepper
- 1 400 g can diced tomatoes
- 3 400 g cans of black beans, save liquid
- 1 T canola or olive oil
- 1 large onion, diced
- 4 cloves garlic, minced
- 1 large red bell pepper, chopped
- 130 g corn kernels
- 1 tsp chili powder (to taste)
- 2 tsp dried oregano
- 1½ tsp ground cumin
- 1 T smoked paprika
- 2 T soy sauce
- Handful of chopped fresh cilantro
- Lime (garnish)
- Salt and pepper, to taste



Topping:

- 1 avocado, diced
- 113 g grated cheddar cheese (optional)
- Greek yogurt (optional)

1. In a food processor or blender, process the **jalapeno pepper, tomatoes** and about  $\frac{1}{3}$  of the **beans** until smooth.
2. Heat the oil in a large pot over **medium-high heat**. Add about  $\frac{3}{4}$  of the **onion, garlic** and **sauté for 3 minutes**, until translucent and lightly brown.
3. Add the **bell pepper** and **corn** and sauté for several minutes.
4. Reduce the heat and add the **chili powder, oregano** and **cumin** and sauté for **another 30 seconds** or so, stirring frequently so that it doesn't burn.
5. Add the **soy sauce, black beans** and the mixture from the food processor.
6. Add **a cup of drained bean liquid** and let everything **simmer for about 10 minutes**.
7. While the chili simmers, combine the **avocado**, the remaining quarter or so of **onion**, and some **lime juice** in a bowl.
8. After 10 minutes, add half the **lime juice** and half the **cilantro** to the chili.
9. Add **salt** and **pepper** until seasoned to taste; add more water if necessary to thin it out.

Serve, topped with the avocado mixture and garnished with cilantro and optional cheese.