

Black Bean Chili

Chili is one of the ultimate cold weather meal that has limitless variations. Try out this simple variation for a Meatless Monday or quick meal during the work week. The leftovers freeze well so that it can easily be made in bulk.

Ingredients:

2 tablespoons cooking oil
1 medium onion, diced
4 large garlic cloves, minced
4 teaspoons ground cumin
4 teaspoons dried oregano
½ teaspoon cayenne pepper
1 4-ounce can chopped green chilies
3 16-ounce cans black beans (5-6 cups cooked)
1 14- to 16-ounce can crushed tomatoes
½ teaspoon salt
Toppings of choice: chopped red peppers, cilantro, crushed tortilla chips, grated cheese, sour cream



Cooking Instructions:

Heat oil in a wide, deep, heavy pot over high heat. Add onions and cook 3 minutes, stirring often. Add garlic, lower heat to medium and cook 5 minutes more, stirring. Add remaining ingredients, including about ½ teaspoon salt. Simmer to allow flavors to blend. Taste for seasoning; add water to thin if you prefer. Chili can be topped with chopped red peppers, cilantro, crushed tortilla chips, grated cheese, sour cream or any topping of choice.

Serves 4.

--Sarah Fritschner, Kentucky Food Writer