

Shopping List

Produce

- 1 organic onion
- 1 small bell pepper (any color)
- 1 head of organic garlic

Bulk

- organic chili powder (3 T)
- organic ground cumin (2 t)

Grocery

- 28 ounce can Muir Glen fire roasted diced tomatoes
 - 2 16-ounce cans of beans (any variety—I used Field Day OG kidney and black beans)
 - 1 can chipotle peppers in adobo sauce
- ### Frozen
- 1 package frozen corn



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"Sassy Sampler" at
www.communityfoodcoop.wordpress.com

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Est. 1970—Celebrating 40 years!

Weeknight Vegan Bean Chili



Adapted from: America's Test
Kitchen 30-minute suppers

Weeknight Vegan Bean Chili

INGREDIENTS

- 1 (28 ounce) can diced tomatoes
- 2 T vegetable or olive oil
- 1 onion, chopped fine
- 1 Bell Pepper, any color, chopped
- 3 T Chili Powder
- 2 t Ground Cumin
- 3 Garlic Cloves, minced
- 2 (16 ounce) cans beans (any variety)
- 1 T—3 T minced canned chipotle peppers in adobo (according to taste)
- 1 1/2 c frozen corn
- Salt and pepper

INSTRUCTIONS

1. Pulse tomatoes in food processor until coarsely ground, or chop by hand (reserve juice in can if chopping).
2. Heat oil in large Dutch oven (or sturdy stock pot) over medium-high heat until the oil just starts to smoke.
3. Cook the onion and bell pepper until softened, about 5 minutes.
4. Stir in chili powder, cumin, and garlic and cook until fragrant, about 30 seconds.
5. Stir in tomatoes, beans, and chipotle and bring to a boil.
6. Reduce heat to medium and simmer until slightly thickened, about 15 minutes.
7. Stir in corn and cook until heated through, about 2 minutes. Season with salt and pepper and serve!

Serving suggestions: Top with sour cream, diced avocado, shredded cheese, pickled jalapenos, chopped onion, green onions and/or crushed tortilla chips. You can also serve it over (brown) rice or spaghetti. Corn bread from the Swan Deli is a great side dish!

Serves 4

(Note: the longer you stew your chili, the more intense the flavors will be. If you have more than a half hour to cook, then let it cook a little longer after adding the corn.)



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