

Black Bean Chili with Cilantro Soup of the Month December - 2014



This flavorful chili made with your own fresh ingredients and garnished with cheese, yogurt and onion makes a very hearty dinner.

Prep Time: 30 Min

Start to Finish: 1 Hr. 30 Min

Makes: 5 servings (1 1/3 cups each)

INGREDIENTS

1/4 cup chicken broth (from 32-oz carton)
1 tablespoon olive oil
2 large onions, chopped (2 cups)
1/2 cup chopped celery
1/2 cup chopped carrot
1/2 cup chopped red bell pepper
3 cans (15 oz. each) black beans, drained, rinsed
2 cups chicken broth (from 32-oz carton)
1 large tomato, chopped (1 cup)
2 tablespoons finely chopped garlic
2 tablespoons tomato paste
4 teaspoons chili powder or to taste
1 teaspoon ground cumin
1/2 teaspoon dried oregano leaves
1/4 cup chopped fresh cilantro
Salt and pepper to taste

Garnishes, if desired

Additional chopped onion
Shredded Monterey Jack cheese
Plain yogurt or sour cream

DIRECTIONS

1. In a 4- to 5-quart Dutch oven, heat broth and oil over medium heat. Add onions; cook until softened. Add celery, carrot and bell pepper; cook 5 minutes, stirring frequently.
2. Stir in remaining ingredients except garnishes. Heat to boiling; reduce heat to low. Cover; simmer 45 to 60 minutes or until chili is desired thickness. Garnish individual servings with onion, cheese and a dollop of yogurt.

Recipe Provides: Fats & Oils 1tsp, Meat & Beans 4oz-equivalents, Vegetables 2c



This recipe is adapted from WWW.eatbettereasily.com