

Healthy Recipe: Black Bean Chili

This is a fast, delicious meal you can put together in about an hour.

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This Black Bean Chili recipe is one of the best reasons to keep canned beans in your cupboard, but it will taste even better if you make your own beans from scratch. It is a take on a recipe by Deborah Madison. It makes a fast, delicious meal you can put together in about an hour. Eat it with a grain like [Brown Rice](#), or [Cornbread](#) for a complete, healthy dinner.

4 servings

15 ingredients

20 min prep

Ingredients

- 2 tablespoons grapeseed oil
- 2 cloves of [garlic](#), minced (see Ann's Tips)
- 1 teaspoon cumin seeds
- 1 medium [onion](#) diced
- 1 poblano pepper, seeded and cut into a ½-inch dice
- 1 bay leaf
- 1 chipotle chili in adobo, chopped into a fine paste
- 1 cup chopped [tomatoes](#)
- 2 (14 ounce) cans drained and rinsed, or 3 cups fresh cooked [black beans](#), broth reserved
- 1 cup stock, bean broth or water
- 3 to 4 whole sprigs cilantro, washed well
- Juice of 1 lime
- 3 tablespoons chopped cilantro, plus more for garnish

- ½ cup grated cheese, for garnish (optional)
- Sea salt and black pepper, to taste

Directions

1. Heat the oil in a large wide skillet or sauté pan over medium high heat. Add the garlic and fry until it starts to turn light gold in color, about 30 seconds - 1 minute.
2. Add the cumin seeds and fry until they darken and start to give off their aroma, about 1 minute. Take care not to let the seeds burn.
3. Add the onion, poblano pepper, and the bay leaf. Cook stirring until the vegetables start to soften and the onion is transparent and turning golden. Add the chipotle pepper paste. Cook stirring for about 30 seconds.
4. Add the tomatoes and cook until the tomatoes start to change to an orangey red color. Add the beans and ½ cup stock, stirring to mix. Lay the cilantro stems on top of the beans and cover. Turn the heat down to low and simmer for about 20 minutes, or until you are ready for them. Check from time to time and add more stock or broth if the beans look dry.
5. Remove the bay leaf and cilantro stems. Stir in the lime juice and 2 tablespoons chopped cilantro. Serve immediately with the remaining cilantro and grated cheese as a garnish.

Chef Tips

Instead of mincing the garlic, you can put it through a garlic press.

If you like your food less spicy, only add ½ a chipotle pepper and be sure to scrape away the seeds. Dark green poblano peppers are mildly spicy. If you can't find any near you, use a small green pepper and a jalapeno (with all the seeds scraped out).

Nutrition Facts (per serving)

Calories: 429; Fat: 14g; Saturated Fat: 4g; Polyunsaturated Fat: 6g; Monounsaturated Fat: 3g; Carbohydrates: 57g; Sugar: 4g; Fiber: 20g; Protein: 23g; Sodium: 920mg

Registered Dietitian Approved

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