

Black Bean & Vegetable Chilli



Serves 4 Calories 360 per serving

- 2 tablespoons extra-virgin olive oil
- 1 medium red onion, chopped
- 1 large red pepper, chopped
- 2 medium carrots, chopped
- 2 sticks celery, chopped
- ½ teaspoon salt
- 4 cloves garlic, crushed
- 2 tablespoons chili powder
- 2 teaspoons ground cumin
- 1 ½ teaspoons smoked paprika
- 1 teaspoon dried oregano
- 2 cans tomatoes with their juices
- 2 cans black beans, rinsed and drained
- 1 can pinto beans, rinsed and drained
- 2 cups vegetable stock or water
- 1 bay leaf
- 2 tablespoons chopped fresh coriander
- 1 to 2 teaspoons red wine vinegar or lime juice, to taste
- Garnishes: coriander, avocado, tortilla chips, low fat sour cream or low fat crème fraîche, grated cheddar cheese

1. In a heavy-bottomed pot over medium heat, warm the olive oil until shimmering. Add the chopped onion, pepper, carrot, celery and ¼ teaspoon of the salt. Stir to combine and cook, stirring occasionally, until the vegetables are tender and the onion is translucent, about 7 to 10 minutes.
2. Add the garlic, chili powder, cumin, smoked paprika and oregano. Cook until fragrant while stirring constantly, about 1 minute.
3. Add the diced tomatoes and their juices, the drained black beans and pinto beans, vegetable stock and bay leaf. Stir to combine and let the mixture come to a simmer. Continue cooking, stirring occasionally and reducing heat as necessary to maintain a gentle simmer, for 30 minutes.
4. Remove the chili from the heat and discard the bay leaf. For the best texture and flavour, transfer 1 ½ cups of the chili to a blender, making sure to get some of the liquid portion. Securely fasten the lid and blend until smooth, then pour the blended mixture back into the pot. (Or, you can blend the chili briefly with an immersion blender, or mash the chili with a potato masher until it reaches a thicker, more chili-like consistency.)
5. Add the chopped coriander, stir to combine, and then mix in the vinegar, to taste. Add salt to taste.
6. Divide the mixture into individual bowls and serve with garnishes of your choice. This chili will keep well in the refrigerator for about 4 days or you can freeze it for longer-term storage.