

Black Bean and Roasted Corn Chili – Tomato Base

Pamela Bray of No Worries

This is an animal free recipe – adjust as you see unfit. ;)

In advance:

Prepare, or buy, Veggie stock, unsalted

Soak 1 cup dried black beans overnight, cook as needed w/ a chunk of onion, garlic and a bay leaf

Roast/Grill 2 ears of shucked corn, remove from cob, or purchase frozen

Sauté in stock pot, or other large pot, until soft:

2 T Coconut Oil, Refined, (or what floats your boat) – OR – sauté in 2-3 T Veggie stock

1 med Onion, diced

2-3 cloves Garlic, minced

1-2 Hot Pepper, minced (to taste and preference)

Stir in and cook for 1 minute:

2 tsp ground Cumin

2-3 tsp Chili Powder (Chipotle or regular, to taste)

1 tsp Salt

½ tsp Black Pepper

2 Bay Leaves

2 T Tomato paste

2 T Bragg's Amino (optional)

Add:

Drained black beans

Roasted corn

1 C dried TVP (can also use any other meat sub, but TVP gives the best texture)

1 28oz can Crushed Tomatoes

Bring to a boil, reduce and simmer at least 30 mins covered, additional time uncovered as desired to thicken. Add stock as necessary, may not need it. Stir frequently.

First introduced at an EC meeting, then later at a Clu Work Day in the Spring. Delicious!