

# THE BEST BLACK BEAN CHILI!

## Ingredients:

- ❖ 1 pound dry black beans, rinsed and picked over
- ❖ 1 medium white onion, peeled and diced
- ❖ 6 cloves garlic, peeled and minced
- ❖ 6–8 cups vegetable stock (*or water*)
- ❖ 2 cups (16 ounces) salsa verde, homemade or store-bought
- ❖ 1 (15-ounce) can fire-roasted diced tomatoes
- ❖ 1 (12-ounce) jar roasted red peppers, drained and diced
- ❖ 1 tablespoon ground cumin
- ❖ 2 teaspoons chipotle chili powder
- ❖ salt and pepper, to taste
- ❖ toppings: diced avocado, chopped fresh cilantro, diced red onion, shredded cheese (if your diet includes dairy), sliced jalapeños or serranos



## INSTANT POT (PRESSURE COOKER) DIRECTIONS:

1. Add black beans (*no need to pre-soak*), onion, garlic, 6 cups stock, salsa verde, diced tomatoes, roasted red peppers, cumin, chili powder, and a pinch of salt and pepper to the bowl of your Instant Pot. Stir to combine.
2. Close lid securely and set vent to “Sealing”.
3. Press “Manual”, then press “Pressure” until the light on “High Pressure” lights up, then adjust the +/- buttons until time reads 38 minutes. Cook. Then very carefully, turn the vent to “Venting” for quick release, and wait until all of the steam has released and the valve has dropped. Remove the lid, and give the soup a good stir.
4. Then, if you would like a brothier soup, feel free to add in 1-2 extra cups of vegetable stock. (If not, leave the soup as-is.) Taste, and season with extra salt and pepper as needed.
5. Serve immediately, garnished with *lots* of your favorite toppings. Or transfer to sealed containers and refrigerate for up to 3 days, or freeze for up to 3 months.

## CROCK-POT (SLOW COOKER) DIRECTIONS:

1. Add black beans (*no need to pre-soak*), onion, garlic, 6 cups stock, salsa verde, diced tomatoes, roasted red peppers, cumin, chili powder, and a pinch of salt and pepper to the bowl of your slow cooker. Stir to combine.
2. Cover and cook for 6-8 hours on high, or until the beans are completely tender. Give the mixture a good stir.
3. Then, if you would like a brothier soup, feel free to add in 1-2 extra cups of vegetable stock. (If not, leave the soup as-is.) Taste, and season with extra salt and pepper as needed.
4. Serve immediately, garnished with *lots* of your favorite toppings. Or transfer to sealed containers and refrigerate for up to 3 days, or freeze for up to 3 months.

### ❖ Modifications from Dr. Serna:

- Pre-soak your beans and decrease cook time to 24-28 mins. (Also, cut water/broth content down just a little if you do this)
- Substitute fresh red bell pepper for the jar of roasted red pepper. Sauté your red pepper, onions and garlic together, then add everything else.
- Add a little tomato paste to help thicken chili.
- Serve over brown rice for a nice healthy and hearty dish 😊

