

# Vegetarian Black Bean Chili

Servings : 6

Amount	Measure	Ingredient - Preparation Method
2	tablespoons	vegetable oil
2		onion - minced
3		red bell pepper - stemmed, seeded and minced
2		jalapeno chile pepper - stemmed, seeded and minced
9	cloves	garlic - minced
3	tablespoons	chile powder
4	teaspoons	mustard seeds
1	tablespoon	ground cumin
1	tablespoon	dried oregano
2 1/2	cups	vegetable broth
2 1/2	cups	water
1	pound	dried black beans (2.5 cups) - picked over and rinsed
1	tablespoon	chipotle chile canned in adobo - minced
2		bay leaf
28	ounces	can whole tomatoes - drained and cut into 1/2" pieces
2	tablespoons	cilantro - minced
		salt and pepper

Heat oil in 12 inch skillet over medium high heat until shimmering. Add onions, bell peppers, jalapenos, garlic, chile powder, mustard seeds, cumin and oregano and cook until vegetables are softened and lightly browned, 8-10 minutes. Stir in 1 cup broth, scraping up any browned bits. Transfer to slow cooker.

Stir water, beans, remaining 1.5 cups broth, chipotles and bay leaves into slow cooker. Cover and cook until beans are tender, 9 to 11 hours on low or 5 to 7 hours on high.

Discard bay leaves. Transfer 1 cup cooked beans to bowl and mash smooth with potato masher. Stir mashed beans and tomatoes into chili and let sit until heated through, about 5 minutes. Stir in cilantro, season with salt and pepper and serve.