

Black Bean Chili

By Mary McDougall

I have been making vegetarian chili for many years. I usually start with dried beans and cook the chili for several hours to make a hearty, rich sauce. However, sometimes I look for a delicious meal that doesn't take hours to cook. This is a chili that has been a winner with everyone that tries it. The avocado topping and tofu sour cream are optional, as are the chips. Sometimes I serve this over brown rice, that cooks while the chili is simmering. This makes a hearty meal for four people, with no leftovers. It also reheats well, so saving some for the next day's lunch is an option.

Serves: 4

Prep Time: 20 min

Cook Time: 30 min



Ingredients

2 1/2 Cups Vegetable broth

1 Medium Onion, chopped
1 Red bell pepper, chopped
4 Ounce Can Green chilies, chopped
1 Tbsp Chili powder
1 Tsp Cumin
1 Tsp Oregano
15 Ounce Can Black beans, drained and rinsed
15 Ounce Can Tomatoes, chopped
2/3 Cup Quick cooking barley
3 Tbsp Fresh cilantro, chopped
Dash Salt

Directions

Place 1/2 cup of the vegetable broth in a large pot. Add onions, bell pepper and garlic. Cook and stir frequently for 3 minutes. Add green chilies, chili powder, cumin, and oregano. Cook and stir for 2 minutes. Add remaining broth, beans, tomatoes, and barley. Bring to a boil, reduce heat, cover, and cook for 10 minutes. Uncover and cook for 15 minutes. Stir in cilantro and salt to taste. Serve over brown rice, if desired, or ladle into a bowl. Add optional toppings as desired.

Hints: Use some baked [Tortilla Chips](/recipes/tortilla-chips/) on the side of the chili or crumble over the top. Use a tablespoon or two of [Tofu Sour Cream](/recipes/tofu-sour-cream/) on the top and/or about 1/4 cup of the [Avocado Salsa](/recipes/avocado-salsa/) (recipe in Dips & Spreads).