

From Lisa's Kitchen: Best Ever Chili

This is also known as “Chicken Chicken Chili” in my house, because I add grilled chicken to my husband’s bowl when I serve it. I keep it completely vegetarian for me. Fresh tasting and chock-full of vegetables, this chili comes together in a snap. Adapted from the Moosewood Restaurant.

Best Ever Chili

Serves 4-6

Flex-Able option: 1 pound very lean ground meat or grilled chicken

2 tablespoons extra virgin olive oil	2 red bell peppers, chopped
2 cups chopped onion	2 15-ounce cans black beans, drained and rinsed
2 garlic cloves, pressed	1 28-ounce can diced tomatoes
1 tablespoon ground cumin	¼ teaspoon each salt & pepper
1 tablespoon ground coriander	¼ cup chopped fresh cilantro
1 cup prepared salsa	

Heat the oil over medium-high heat in a soup pot, then cook the onions about 5 minutes stirring frequently. Add the garlic and cook another 5 minutes, stirring frequently. If adding ground meat to the entire recipe, add it to the pot now and cook through; otherwise brown in a separate pot and add to individual bowls when serving.

Add the cumin and coriander and stir for one minute.

Stir in the salsa and peppers, lower the heat and cook, partially covered for 5 minutes, stirring occasionally.

Add the black beans and tomatoes, simmer for 10 minutes. Add salt & pepper to taste, then stir in cilantro.