Fiber-Packed Veggie Chili

PREP TIME: 15 MIN COOKING TIME: 2 HOURS SERVES: 6

An adaptation of the Native American combination of beans, squash, and corn. Play around with the flavors by adding chipotle or chopped chili peppers for an added spice.

Ingredients

1 pound of dried beans (pintos, black beans, red beans) washed and soaked overnight or at least 4 hours in 2 quarts of water
2 onions, 1 halved, one chopped
4 garlic cloves, 2 crushed, 2 minced
2 tablespoons of neutral oil
3 tablespoons of mild ground chili
1 tablespoon of ground cumin
1 14-ounce can chopped tomatoes
A pinch of sugar
2 tablespoons of tomato paste dissvoled in 1 cup of water
2 cups diced winter squash
1 cup corn kernels (fresh or frozen)
Salt to taste
1/2 cup chopped cilantro
Grated or crumbled cheese

Directions

1. **Simmer the beans:** Place beans and water in a large pot. Add halved onion and bring to a boil. Skim off any foam that rises, add crushed garlic and bay leaf, reduce heat, cover and simmer 30 minutes. Add salt and continue to simmer another 45 minutes. Using tongs or a slotted spoon, remove and discard onion and bay leaf.
2. **Start Tomato Mixture:** In a skillet over medium heat, add oil and chopped onion. Cook, stirring often, until tender, about 5 mintues. Add salt, stir in chopped garlic, stir together for 30-60 seconds, or until fragrant, then add chili and cumin. Cook and stir until mixture begins to stick to pan. Add chopped tomatoes with juice, pinch of sugar, and salt to taste. Bring to a simmer and stir until tomatoes have cooked down and mixture sticks to pan. Stir in tomato paste dissolved in water and bring back to a simmer. Stir often until mixture is thick and fragrant.
3. **Stir Tomato Mixure with Beans:** Combine, beans, winter squash, and tomato mix, bring to a simmer. Stir occasionally so the chili doesn't stick to the pan, for 45 minutes. Add more water if the chili is too thick. Stir in corn and simmer for another 10 minutes. Beans should be soft and chili thick and fragrant.
4. **Assemble:** Before serving add cilantro. If you're using cheese, top with grated cheddar, Monterey jack, or crumbled queso fresco. Serve with biscuits or cornbread.