

Red Pepper Chili

Recipe reprinted with permission from RIPE © 2012 by Cheryl Sternman Rule, Running Press, a member of the Perseus Book Group.



An easy vegetarian chili that is just loaded with flavor.

- 2 tablespoons extra-virgin olive oil
 - 1 large red onion, diced (about 1 3/4 cups or 280g)
 - 2 large red bell peppers, cut into 1-inch (2.5-cm) chunks
 - 5 garlic cloves, minced (about 1 pound or 450 grams)
 - 2 teaspoons chili powder
 - 5 1/2 teaspoons ground cumin
 - 1 teaspoon dried oregano
 - Kosher salt and freshly ground black pepper
 - 30 ounces canned kidney beans, drained and rinsed
 - 28 ounces diced tomatoes, canned, undrained
 - 1 chipotle chile canned in adobo, to taste, minced (or more if desired)
 - 2 cups vegetable stock
 - 2 teaspoons brown sugar (light or dark)
 - 3/4 cup red quinoa, rinsed well in a strainer under cool running water
- GARNISHES:**
- Lime wedges, diced avocado, cilantro leaves and sour cream
 - 3 ears corn on the cob, halved

Servings: 6

Cheryl says this chili is her go-to favorite winter stew. She developed it for Eating Well magazine in 2007. Sometimes she serves it on top of mashed potatoes.

1. Heat the oil in a Dutch oven over medium-high heat. Add the onion, bell peppers, garlic, chili powder, cumin, oregano, and 1/2 teaspoon each salt and pepper.
2. Cook, stirring occasionally, until tender, about 5 minutes. Add the beans, tomatoes with juice, chipotle peppers, stock, and brown sugar. Bring to a boil, reduce heat, and simmer, covered, for 25 minutes.
3. Stir in the quinoa, cover, and cook over low heat for 15 minutes longer. Remove from the heat. Let stand, covered, for 20 minutes, to thicken. Serve with limes, avocado, cilantro, and sour cream.
4. Tip: The chili will thicken further as it cools.
5. CORN (not in the original recipe): if using, cut each cob in half, grill briefly and serve along side the soup bowl.

Per Serving (excluding unknown items): 405 Calories; 9g Fat (20.0% calories from fat); 16g Protein; 69g Carbohydrate; 16g Dietary Fiber; 1mg Cholesterol; 1075mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1/2 Lean Meat; 2 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates.

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>