

# Dry Bean Chili



**Ingredients:** Makes about 6 servings

- 1 pound beans dried, mixed varieties
- 1 tablespoon extra virgin olive oil
- 1 onion small
- 4 cloves garlic finely chopped
- 4 cups vegetable broth
- 1 large can (29 oz) of tomatoes
- 2 tablespoons chili powder
- 2 teaspoons cumin ground
- 1 1/2 teaspoons oregano dried
- 1/2 teaspoon cayenne pepper (optional)
- 1 teaspoon sea salt

## The night before:

1. Rinse beans and place in a large stockpot. Cover with water by about 2 to 3 inches.
2. Let soak overnight - the beans will swell.

## The next morning:

1. Drain the beans and place back into the stockpot.
2. Heat oil in a skillet to medium high.
3. Saute onion until translucent - about 10 to 15 minutes.
4. Add garlic and saute another minute. Add mixture to the beans in the stockpot.
5. Add vegetable broth, tomatoes, tomato paste. \*The beans should be covered by a couple of inches of liquid. You can add more vegetable broth or water.
6. Add the remaining ingredients and stir well.
7. Cover and bring to a boil and then remove the lid.
8. After it comes to a boil turn down the heat and simmer very low.
9. Cook for one hour and check the beans. You want them tender, if not done yet then cook longer.
10. Taste for seasoning and enjoy.

\*Try topping with fresh cilantro or greek yogurt

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