

Vegetarian Chili

Adapted from Sunset: Vegetarian Cooking

Yield: About 6 servings

Ingredients:

- 4 large onions, chopped (about 2.5 pounds)
- 1 large green pepper, seeded and chopped
- 3 T olive oil
- 2 T mustard seeds
- 2 T chili powder
- 2 tsp cumin seeds
- 2 tsp unsweetened cocoa
- 1/2 tsp ground cinnamon
- A pinch of cayenne pepper (optional)
- 1 can (28 oz) diced tomatoes
- 5 cups cooked kidney beans plus 1-1/2 cups cooking liquid or water OR 3 pounds of canned kidney beans, undrained plus 1 cup water
- 1 can (6-oz.) tomato paste
- Salt to taste
- Suggestions for toppings: sliced red onions, chopped tomatoes, diced green chilies, sliced green onions, sour cream and shredded Cheddar or Monterey Jack cheese, lime wedges.

Instructions:

1. In a 5- or 6-quart pot, cook onions and green pepper in oil over medium-high heat, stirring occasionally, until onions are golden and peppers are soft.
2. Add mustard seeds and cook, stirring, for 1 minute.
3. Add chili powder, cumin seeds, cocoa, cinnamon, tomatoes and their liquid, beans and their liquid, and tomato paste.
4. Reduce heat and simmer rapidly, uncovered, for about 40 minutes or until most of the liquid has cooked away and chili is thickened; stir frequently to prevent scorching.
5. Season with salt to taste. Serve with variety of toppings. Corn bread is a good side dish!