

Our State eats

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Bean & Vegetable Chili

Yield: 4 to 6 servings.

- 2 tablespoons extra-virgin olive oil
- 1 medium red onion, chopped
- 1 large yellow bell pepper, chopped
- 2 carrots, peeled and chopped
- 2 ribs celery, chopped
- ½ teaspoon salt, plus more to taste
- 4 cloves garlic, minced
- 2 tablespoons mild chili powder
- 2 teaspoons ground cumin
- 1½ teaspoons smoked paprika
- 1 teaspoon dried oregano
- ½ teaspoon ground cinnamon
- 1 tablespoon brown sugar
- 1 large (28-ounce) can or 2 small (14.5-ounce) cans diced tomatoes, with juice
- 1 (15-ounce) can black beans, rinsed and drained
- 1 (15-ounce) can pinto beans, rinsed and drained
- 1 (15-ounce) can cannellini beans, rinsed and drained
- 2 cups vegetable broth
- 1 bay leaf
- 2 tablespoons fresh cilantro or parsley, chopped, plus more for garnish
- 2 teaspoons red wine vinegar
- Sliced avocado, tortilla chips, sour cream, and/or shredded Cheddar cheese (optional, for toppings)

In a large Dutch oven or heavy-bottomed pot over medium heat, warm olive oil until shimmering. Add onion, pepper, carrots, celery, and ½ teaspoon salt. Stir to combine, and



cook, stirring occasionally, until vegetables are tender and onion is translucent, about 7 to 10 minutes.

Add garlic, chili powder, cumin, paprika, oregano, cinnamon, and brown sugar. Cook until fragrant while stirring constantly, about 1 minute.

Add tomatoes and their juice, drained beans, vegetable broth, and bay leaf. Stir to combine and bring to a simmer. Continue cooking, stirring occasionally and reducing heat as necessary to maintain a gentle simmer, for 30 minutes.

Remove chili from heat and discard bay leaf. Add cilantro or parsley, stir to combine, and then mix in vinegar, plus more to taste. Add salt to taste. Portion chili into individual bowls and serve with toppings of your choice — or try adding chili to a baked potato.

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