

DRUNKEN VEGGIES BLACK BEAN CHILI

INGREDIENTS:

12 oz. Black Beans
3-4 Tbs. Olive Oil
Modelo Negra Beer, 1 12-ounce bottle (Optional)

Seasoning

1½ Tbs. Ground Guajillo Chili
1 Tbs. Ground Ancho Chili
1½ Tsp. Smoked Paprika
1 Tsp. Ground Cumin
1 Tsp. Oregano
1 Tbs. Sea Salt (3 tsp. or to taste)
¼ Tsp. Ground Chili Pepper (Optional)

PREP & COOKING:

Rinse the beans and soak them overnight. Pour off the soaking water and rinse the beans in a sieve, then place them in a medium sized pot. Cover them with approx. 1 inch of water. Add 1 Tbs. olive oil, 1 tsp. salt and a clove of garlic.

Bring the pan to boil then reduce the heat to medium; scoop out any dark foam that rose to the top. Simmer gently, uncovered, for 1 hour. By then, the water should be level with the beans, and it will be time to add the vegetables.

While the beans cook, prepare the remainder of the additional ingredients.

- Chop all the vegetables and measure them out.
- Measure the spices and set them aside.
- Blister the poblano peppers under the broiler. Check frequently and turn them over so all sides char. When they are done, cover them so the skin will easily peel. Seed, chop, and set them aside.

Sauté the vegetables:

- Start with the mushrooms on medium heat, in 1 Tbs. olive oil. When the moisture in the skillet evaporates, remove the mushrooms to a side dish.
- Add the onions to the skillet. Sauté until wilted.
- Add the celery and the fresh peppers to the wilted onions in the skillet. Continue sautéing the mixture until the onions begin to caramelize and the other vegetables have begun to dehydrate and brown around the edges; approx. 10 minutes on medium heat.
- Add the tomato, garlic, and chopped roasted poblano pepper to the skillet, sauté approx. 1 minute.
- Add the measured seasonings, 1 tsp. salt, and 1 Tbs. olive oil to the skillet. Mix well, to allow the spices to soak up some of the oil and release their fragrance. After a minute or two, the mixture should look crumbly and glisten in rich red. Empty the vegetable and spice mixture into the chili pot.
- Toast the hemp hearts in the same skillet, scraping up the spices from the bottom of the skillet to allow the flavors to infuse the hemp. Empty the hemp into the chili pot.
- Deglaze the hot skillet with ½ C. of the beer, and add it to the chili, stirring well.
- Cover the pan and reduce the heat to simmer. Cook for at least 3 hours. It will become thick, so stir well to the bottom of the pan to prevent scorching. If the consistency is too thick, a small bit of water will correct it.
- When you are ready to remove the chili from the stove, do a final salt and pepper check. Adjust to taste, then stir in the final ¼ C. beer. Let it sit on the heat for 2-3 minutes to allow the alcohol to evaporate and the flavors to marry. (You can enjoy the rest of the beer while you wait!) **YOU'VE GOT CHILI!**

Minimum cook time: 4 hrs. 30 minutes, simmer longer if you wish.

(Hint: Cook today, server tomorrow for added flavor!)

Makes: 6 Cups; 4 servings, approx.. 465 cal. Ea.

Diced Vegetables Sauté

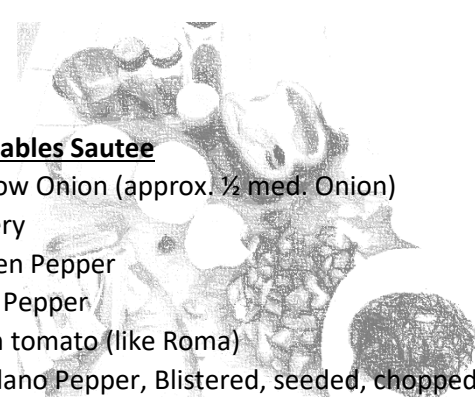
1 C. Yellow Onion (approx. ½ med. Onion)
1 C. Celery
½ C. Green Pepper
½ C. Red Pepper
½ C. Firm tomato (like Roma)
1 Poblano Pepper, Blistered, seeded, chopped
1 C. Cremini Mushrooms, finely diced
4 Garlic cloves, 1 for bean pan, 3 minced
1 Long Hot Pepper, sliced (**6-8 Slices = mild**)

Thickening

½ C. Hemp Hearts, toasted in 1 Tbs. olive oil

Deglaze

½ C. Modelo Negra Beer or water



Recipe created by Zeldia M. Ladan

for the 2023 Green Acres Chili Cookoff