

Cooking with Amanda – Soups and Stews

Class 3 – Soul-Full Chili

Soul-Full Chili

This is a thick, hearty, stick-to-your-ribs stew. Feel free to choose ingredients that have extra layers of flavor built in; spicy or garlic-flavored tomato paste adds zip, while fire-roasted canned tomatoes and chipotle-flavored hot sauce lend a smoky element. Canned beans work well in this recipe, or you can use precooked beans - you can substitute other kinds if you like, or use just one kind instead of two.

Serves 8 to 10

- 2 large red onions, chopped (about 2½ cups)
- 3 ribs celery, chopped
- 2 medium carrots, chopped fine
- 8-10 medium cloves garlic, minced
- 1 tablespoon chili powder
- 1 teaspoon dried oregano
- 1 teaspoon ground cumin
- ¼ teaspoon ground cinnamon
- 1/8 teaspoon red pepper flakes (optional)
- Sea salt
- Freshly ground black pepper
- 1 pound red, green, or yellow bell peppers, or a combination, chopped (about 2½ cups)
- 2 cups frozen corn kernels (or fresh corn cut from the cob)
- 1 cup cooked kidney beans
- 1 cup cooked black beans
- 2 (28-ounce) cans diced tomatoes
- 1 (5½-ounce) can tomato paste
- ½ teaspoon hot sauce (optional)
- 1 tablespoon dark soy sauce or tamari
- 1 teaspoon sugar

Heat a little water in a large stockpot or Dutch oven over medium heat, add the onions, cover, and sauté for 2 to 3 minutes (lift cover and stir occasionally).

Add the celery and carrots, cook covered for another 2 to 3 minutes, then add the garlic, chili powder, oregano, cumin, cinnamon, red pepper flakes if using, ½ teaspoon salt, and pepper to taste. Stir and cook for 3 to 4 minutes. (If the ingredients are dry, add a few tablespoons of water.)

Add the peppers and corn, and cook another 3 to 4 minutes (cover and stir). Add the beans, diced tomatoes with their juice, tomato paste, hot sauce, soy sauce and sugar. Turn the heat to high and let the chili come to a boil. Reduce the heat to low and simmer, covered, for 20 minutes. Adjust the seasonings and serve.