

Discovery



The Arts



Diversity



Lunch



Enrichment



Caribbean Black Bean Chili

Vegan, Gluten free

Makes 1 gallon - Serves 12

Ingredients

- 2 sweet potatoes diced
- 2 onions diced
- 3 T minced garlic
- 1 bunch kale, rinsed, deveined and coarsely chopped
- 6 (15oz) cans of black beans, rinsed
- 2 (26 oz) cans of petit diced tomatoes
- 4 T vegetable oil
- 1 lime - cut in 1/2
- 1/2 can frozen orange juice concentrate
- 1 tsp cayenne
- 3 T dark brown sugar
- 3-4c low sodium veggie stock or as needed

Spice Mix

- 2 tsp cayenne
- 2 T cumin
- 2 T allspice
- 2 tsp thyme
- 2 tsp oregano
- 2 tsp powdered ginger
- 1/4 c soy sauce or gluten-free tamari sauce

- Toss sweet potatoes in 2 T oil with 1 tsp cayenne and brown sugar. Bake at 375° on a cookie sheet for 30 minutes or until slightly firm.
- In large pot saute onion and garlic on low in remaining 2 Tbsp oil. When onion is clear, add spice mix, cover and cook 2-3 minutes.
- Add 1/2 can of frozen orange juice and 2 cans of tomatoes - Simmer 5 min.
- Add black beans and kale - Simmer 5-10 minutes.
- Add mostly roasted sweet potatoes, veggie stock as needed and both lime halves squeezed (skin and all) - Simmer until thoroughly hot and kale is wilted, but green, about 40 minutes. Remove lime halves before serving.

Garnish options:

brown rice, lime sour cream, green tabasco, pepper jack cheese, chopped cilantro, mini corn muffins or plantain chips.

TNSM Chef Audrey Cobb
Findlay Market's Chili Cook-off