

Veggie Raptor Chili

This recipe is also vegan (if you don't use a dairy topping)¹. You can add salt to taste or go salt free. You can use a tiny bit of oil to sauté or go fat free and use a little water. We made the batch for "Guys Can Cook Too" with very little fat and salt (a tiny bit). We also dialed down the heat to better pair with wine (we recommend a Zinfandel with fruit forward and a long finish).



Ingredients are approximate amounts – judge by tasting along the way and appearance. These quantities make just over a gallon of Chili.

Components:

Green salsa: This is a great salsa on its own too.

- Tomatillos – 2 cups+ rough cut
- Cilantro – 1 small bunch
- Garlic – 1 clove
- Jalapeño – 1 rough cut
- Juice of ½ lime

Process tomatillos in a blender, add the remaining ingredients and blend. Taste, add more lime juice if needed.

Beans:

- Black beans – 2 cups dry
- Cascabel or Pasilla chili – 1 dried
- Kombu – 1 strip dried (about 2 by 4 inches)
- Garlic – 2 cloves
- Bay Leaf – 1
- Cumin – 1 dash ground
- Coriander – 1 dash ground

Soak the beans and Kombu overnight – 8 to 10 hours in cold water to cover the beans by at least 2 inches.

Remove the seeds from the pasilla pepper and lightly toast in a dry pan.

Simmer the beans, pepper and Kombu, for approximately 1 hour until tender. Be careful not to overcook the beans so they do not fall apart in the chili. Discard the Cascabel or Pasilla, and Bay Leaf.

Before draining the beans, taste the cooking water. It should have a nice flavor. If it is, save some to add at any point that you need to thin the chili.

Chili:

- Chopped onions – 4 cups, +1/2 cup reserved for garnish
- Diced carrots – 2 cups
- Diced celery – 1 cup

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- Garlic, whole cloves – 20 cloves (don't worry, they lose their bite, become sweet, and break down during cooking)
- Tomatoes – 32 oz. chopped
- Cumin – 1 tsp. ground
- Coriander – 1 tsp. ground
- Ancho powder – 1 ½ Tbsp.
- Guajillo powder – 1 ½ Tbsp. (if you can't find in powdered form, stem and deseed dried Guajillos and grind in a food processor)
- Chipotle powder – 1 Tbsp.
- Corn – 2 cups
- Tomato paste – 6 oz.
- Jalapeños – 2 diced
- Poblanos – 2 diced
- Zinfandel – ½ cup (optional)
- Very ripe (black) Plantains – 2 diced
- Árbol chilies or Cayenne Power – as much as you like to bring the heat level to the desired level

The Process:

- Prepare the black beans and make the green sauce as described above.
- In a pot that will hold at least 6 quarts, Sauté the onions, carrots, and celery in a small amount of water (or a neutral oil like Canola)
- When this softens add the whole garlic.
- Cook to soften the garlic, about 15 minutes.
- Add spices, powdered chilies, tomatoes, and corn.
- Sauté the tomato paste until a rust color in another pan with a little water, add to the pot.
- Add the beans, jalapeños, poblanos, Plantains, and Zinfandel.
- Simmer to blend the seasonings and finish cooking the vegetables – about 20 minutes
- Taste for balance and heat. Add additional seasonings to taste.
- Add the green salsa to taste
- Taste. You may be happy with it right here, or need to balance heat and acidity. Add lime juice or more of the Green Salsa to add brightness.
- During the cooking process if your batch gets too thick, thin with bean cooking liquid or water.
- Serve with your choice of toppings, we recommend: chopped raw sweet onions, cilantro yoghurt, Mexican Crema (or crème fraîche) and/or chopped jalapeños.

¹ If prepared without the wine, oil, and dairy toppings, this recipe complies with the Ornish Reversal and Spectrum diets and the McDougall diet.