

White Bean Chile

Ingredients:

2 cups dried great northern beans
5-6 cups vegetable broth
1/2 green bell pepper, chopped
1 seeded jalapeno pepper, finely minced (optional)
2 ribs celery, diced
4 cloves garlic, minced
2 teaspoons oregano (Mexican, if available)
1/4 teaspoon white or red pepper (add more if you like it hot)
2 teaspoons cumin
2 teaspoons mild chili powder (such as ancho)
2 onions, diced
1-2 teaspoons salt (or to taste)
1 14.5 ounce can diced tomatoes (fire-roasted taste best)
1-2 tablespoons masa harina (or corn meal mixed with water)

Preparation:

Soak the beans overnight or use a quick-soak method*. Drain the beans and put them into stockpot. Add the vegetable broth and all ingredients through chili powder. Begin heating over high heat.

Spray a non-stick skillet with canola oil and heat it. Once it's hot, add the chopped onion. Cook, stirring and scraping the bottom of the skillet, until onion is golden brown. Add the onion to the beans.

Cover and cook on low heat until beans are completely tender, about 1 1/2 hours, adding water as necessary. Add the salt and tomatoes, check the seasonings, and cook for at least 20 minutes. Just before serving, add masa harina, if necessary to thicken; stir well and simmer for at least 5 minutes.

Submitted by Melody Hofmann

