**Organic Vegetarian Chili**

Prepare dried beans as follows:

* Choose one or several types of beans.
* Place beans in a colander and rinse them in cold water.
* As you rinse look for any small stones or other debris that may have been missed during harvesting and packaging.
* Move the now rinsed beans into a steel pot or crock pot, then add twice the amount of water and soak the beans 12 to 18 hours, check after 8 hours and add more water as needed
* After soaking the beans, return them to a colander and rinse vigorously with cold water to remove surface sugars before cooking
* If cooking the beans in a pressure cooker, fill the cooker (beans and water) to a maximum of 1/2 the volume of the cooker
* Before cooking add 5-6 tablespoons of olive or canola oil, this stops the beans from foaming during cooking and clogging the pressure release valve
* Cook the beans on the second ring and cook no more than 8-9 minutes for firm beans
* Remove the beans from the heat and let the pressure reduce naturally
* As soon as it is safe, remove the pressure cooker lid
* Then while they are still hot, rinse the beans under cold water to stop the cooking process, this stops the beans from becoming mush-like

**NOTES:**

1. All ingredient in this recipe are organically grown
2. Muir organic canned tomatoes and tomato paste are very low in acid, safe for those with GERD
3. Dice Habanero peppers last:
   1. Wear disposable gloves, the oils are very volatile
   2. Clean and wash cutting board immediately after use with baking soda to neutralize volatile oils

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| Habanaro Peppers | 2 | Dice VERY Fine |
| Onions (not sweet) | 2 | Sliced Thinly |
| Cloves of Garlic | 8 | Dice VERY Fine |
| Celery | 2 cups | Dice VERY Fine |
| Carrots | 2 cups | Dice VERY Fine |
| Cilantro | 1/2 cup | Dice Fine |
| Olive Oil | 5 Tbls |  |
| Red Bell Pepper | 2 cups | Dice Fine |
| Muir Canned Tomatoes Diced | 2 |  |
| Muir Tomato Paste | 1 |  |
| Chili Powder | 3 Tbls |  |
| Paprika | 2 Tbls |  |
| Crushed Red Pepper | 1 Tbls |  |
| Cumin Seed | 1 1/2 Tbls |  |
| Ground Cumin | 1 Tbls |  |
| Coriander | 1 1/2 Tbls |  |
| Thyme | 1 Tbls |  |
| Oregano | 1 1/2 Tbls |  |
| Garlic Powder | 1 Tbls |  |
| Salt | 2 Tbls |  |
| Cornmeal | 1 Cup |  |

**How to prepare:**

1. Heat olive oil in heavy (non teflon coated) saucepan (medium heat)
2. Add onions - cook for 3 minutes
3. Add habanero pepper and garlic and cook for 3 minutes
4. Reduce heat to low and add chili powder, paprika, cumin seed, ground cumin, coriander, thyme, oregano to saucepan and heat for 3-5 minutes
5. Add all ingredients plus
   1. 24 oz of water to a stock pot and simmer covered on low for 2 hours
6. Stir in cilantro and coarse ground cornmeal and remove from heat