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|  | **Ingredients** | | **step** |
| **Black Bean Chili** | * 1 medium [onion, chopped](http://www.whfoods.com/genpage.php?tname=preptip&dbid=3) * 1 medium [bell pepper, diced](http://www.whfoods.com/genpage.php?tname=preptip&dbid=19) into 1/4-inch pieces * 1 TBS + 1-1/2 cups vegetable [broth](http://www.whfoods.com/genpage.php?tname=dailytip&dbid=151) * 6 medium cloves [garlic, pressed or finely chopped](http://www.whfoods.com/genpage.php?tname=preptip&dbid=5) * 4 cups or 2 15 oz cans black beans, drained * 1 8 oz can tomato sauce * 1 15 oz can diced tomatoes (do not drain) * 2 TBS ground cumin * 2 TBS red chili powder * 2 TBS dried oregano * 1 cup corn kernels, fresh or frozen * 1/4 cup [fresh chopped cilantro](http://www.whfoods.com/genpage.php?tname=preptip&dbid=16) * salt and black pepper to taste |  Heat 1 TBS broth in a medium size soup pot. [Healthy Sauté](http://www.whfoods.com/genpage.php?tname=preptip&dbid=8) onion and bell pepper in broth over medium heat for about 5 minutes, stirring frequently, until translucent. Add garlic, cumin, and red chili powder and continue to saute for another minute.   Add 1-1/2 cups broth and the rest of ingredients, except for the cilantro and corn. Simmer for another 20 minutes uncovered. Add corn and cook for another 2 minutes. Add chopped cilantro and season with salt and pepper to taste | |