

Easy Black Bean Chili

★★★★★ 5 from 2 reviews

Yield: 6 servings **1x** **Diet:** Vegetarian

This Black Bean Chili recipe is easy to make and full of big flavor! It's cozy and hearty, the ideal vegetarian dinner idea.

Ingredients

1x **2x** **3x**

- 1 medium yellow onion
- 3 cloves garlic
- 2 tablespoons olive oil
- 1/3 cup dry quinoa
- 1 cup water
- 3 15-ounce cans black beans, drained (not rinsed)
- 2 28-ounce cans diced tomatoes, fire roasted if possible
- 4 tablespoons salted butter (replace with 2 tablespoons olive oil or refined coconut oil for vegan)
- 1 15-ounce can corn (or 1 1/2 cups frozen corn)
- 1 tablespoon yellow mustard
- 1 tablespoon Worcestershire sauce
- 1/2 cup ketchup
- 2 tablespoons each chili powder and dried oregano
- 1 tablespoon **each** garlic powder and cumin
- 1 1/2 teaspoons kosher salt
- 1 teaspoon smoked paprika

Instructions

1. Dice the onion. Mince the garlic.
2. In a large pot or Dutch oven, heat the olive oil over medium heat. Add the onions and garlic and sauté for 5 to 7 minutes, until tender.
3. Add all other ingredients except for the smoked paprika. Simmer for 25 minutes, then stir in the smoked paprika. Serve immediately with toppings of your choice. Store leftovers refrigerated for up to 3 days, or frozen for 3 months.
4. **Campfire chili instructions:** Follow the instructions above, but remove the smoked paprika (the fire will add smoky flavor). If you're taking it camping, prep the minced onion and garlic and place in a sealed container. Place the ingredients from water through kosher salt in another large sealed container (keep out the dry quinoa and add when cooking). Keep everything cool until making the chili.

nutrition facts

Serves 6

Calories Per Serving: **451**

% DAILY VALUE			
Total Fat 19% 14.6g	Saturated Fat 6g	Total Carbohydrate 25% 69.6g	Dietary Fiber 17.6g
Sugars 18.3g	Protein 33% 16.6g	Vitamin A 142.3μg	Vitamin C 31.2mg
Calcium 14% 184.3mg	Iron 45% 8.2mg	Vitamin D 0μg	Magnesium 32% 134.5mg
Potassium 28% 1325.8mg	Vitamin B6 0.3mg	Vitamin B12 0μg	

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