**Slow-Cooker Black Bean-Mushroom Chili**

**from Eating Well**

Black beans, earthy mushrooms and tangy tomatillos combine with a variety of spices and smoky chipotles to create a fantastic full-flavored chili. It can simmer in the slow cooker all day, which makes it perfect for a healthy supper when the end of your day is rushed.

The majority of the calories are in the sour cream and cheese, so you can make this “diet friendly” if you want by cutting or reducing those ingredients.

**Ingredients (10 servings):**

1 pound dried black beans, (2½ cups), rinsed

1 tablespoon extra-virgin olive oil

¼ cup mustard seeds

2 tablespoons chili powder

1½ teaspoons cumin seeds, or ground cumin

½ teaspoon cardamom seeds, or ground cardamom

2 medium onions, coarsely chopped

1 pound mushrooms, sliced

8 ounces tomatillos, husked, rinsed and coarsely chopped

¼ cup water

5 ½ cups mushroom broth, or vegetable broth

1 6-ounce can tomato paste

1-2 tablespoons minced canned chipotle peppers in adobo sauce

1¼ cups grated Monterey Jack, or pepper Jack cheese (if desired)

½ cup reduced-fat sour cream (if desired)

½ cup chopped fresh cilantro

2 limes, cut into wedges

**Preparation:**

Active prep time = 25 m; Total time = 6 h 15 m (slow cooker)

Soak beans overnight in 2 quarts water. (Alternatively, place beans and 2 quarts water in a large pot.

Bring to a boil. Boil for 2 minutes. Remove from heat and let stand for 1 hour.)

Drain the beans, discarding soaking liquid.

Combine oil, mustard seeds, chili powder, cumin and cardamom in a 5- to 6-quart Dutch oven.

Place over high heat and stir until the spices sizzle, about 30 seconds.

Add onions, mushrooms, tomatillos and water. Cover and cook, stirring occasionally, until the vegetables are juicy, 5 to 7 minutes.

Uncover and stir often until the juices evaporate and the vegetables are lightly browned, 10 to 15 minutes.

Add broth, tomato paste and chipotles; mix well.

Place the beans in a 5- to 6-quart slow cooker. Pour the hot vegetable mixture over the beans. Turn heat to high.

Put the lid on and cook until the beans are creamy, 5 to 8 hours.

**Serving:**

Garnish each serving with cheese, a dollop of sour cream and a sprinkling of cilantro. Serve with lime wedges.

**Make Ahead Tip:** Cover and refrigerate for up to 2 days or freeze for up to 3 months.

**Nutrition information:**

Serving size: 1 cup

Per serving: 299 calories; 10 g fat(4 g sat); 13 g fiber; 38 g carbohydrates; 18 g protein; 192 mcg folate; 20 mg cholesterol; 5 g sugars; 0 g added sugars; 1,030 IU vitamin A; 9 mg vitamin C; 167 mg calcium; 4 mg iron; 413 mg sodium; 722 mg potassium

Nutrition Bonus: Folate (48% daily value), Iron (22% dv), Vitamin A (21% dv)

Carbohydrate Servings: 2½

Exchanges: 2 starch, 2½ vegetable, 1 medium-fat protein, 1 fat