



Black Bean and Corn Chili:

Canada's Food Guide recommends half of your plate being a variety of fruits and vegetables.

Canada's Food Guide recommends one quarter of your plate to be made up of food from the protein group.

Yield: Serves 5 - 6 people
 Preparation Time: About 20 minutes
 Cooking time: About 45 minutes

Ingredients:

- 1 medium onion, chopped
- 1 large clove of garlic, minced
- 1 carrot, chopped
- ½ red pepper, seeded and chopped
- ½ green pepper, seeded and chopped

- 2 Tbsp (30mL) vegetable oil

- 1 Tbsp. chili powder
- 1 tsp. ground cumin
- 1 tsp. coriander
- ½ tsp. red pepper flakes
- ½ tsp. dried oregano
- ½ jalapeno pepper, seeded and cut into small cubes

- 28 oz can (796 ml) of whole tomatoes
- 1 cup (250mL) fresh or frozen corn
- 1 16 oz can (475 ml) of black beans, drained and rinsed
- Pinch sea salt

Try a garnish or 4 on top:

- Thinly sliced green onions
- Cilantro, leaves removed from stem and torn
- Spoonful of low-fat sour cream
- Sprinkle of Monterey Jack cheese or cheddar cheese

Equipment:

- Small sharp knife
- Cutting board
- Microplane or garlic press
- Medium-sized bowl
- Large pot or Dutch oven with a lid
- Measuring spoons
- Can opener
- Wooden spoon
- Strainer
- Large bowl
- Ladle
- Box grater

Method:

1. Cut the **onion** in ½, from the tip to root end, then peel the skin from it. Place the onion with the flat side down and cut in thin strips. Cut thin strips again, making small cubes of onion. Place in a medium-sized bowl.

2. Mince the **garlic** clove with a microplane or garlic press. Add to the onion.
3. Cut the **carrot** into bite-sized pieces. Add to the bowl.
4. Cut the **red and green pepper** in half, from stem to tip and remove the seeds. Flatten the half pepper then cut into pinkie-wide strips. Cut each strip into small cubes. Add to the bowl. Put the other half peppers into the fridge for another use.
5. Cut **jalapeno** in half and remove the seeds and pith. Cut into thin strips then the strips into small cubes. Place in a small bowl. Wash your knife, cutting board and hands and be careful of rubbing your eyes.
6. Measure the **chili powder, cumin, coriander, red pepper flakes** and **oregano** into a small bowl. Put aside for now.
7. Place a large pot or Dutch oven on the stove-top and turn on to a medium heat. Let the pot heat for a moment.
8. Add the **oil** and heat it for a few seconds. Add the bowl of vegetables. Sauté until the veggies have started to soften.
9. Add the **spices** and chopped **jalapeno pepper**. Cook until the vegetables are soft, about 5 – 8 minutes. Be sure to stir with a wooden spoon or heat-proof spatula so that the ingredients don't stick.
10. Add the **tomatoes** and **corn**. Break up tomatoes once they are in the pot.
11. Pour the **black beans** from the can into a strainer in the sink. Rinse the beans then shake the water out. Add the black beans to the chili and stir the ingredients together. Season with a pinch of **salt**.
12. Turn the heat to medium-high. Bring to a boil then turn the heat down to low and simmer with a lid on the pot for 30 minutes. Be sure to stir the pot every few minutes.
13. Remove the cover and simmer for 15 minutes more. If the chili looks dry, add ½ cup of water.
14. Serve in a bowl and sprinkle the garnishes on top.