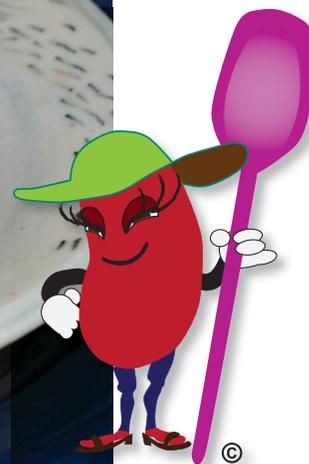


# Beans, Rice And Everything Nice

## Black Bean and Potato Chili



original recipe by [beansriceeverythingnice.weebly.com](http://beansriceeverythingnice.weebly.com)

### Ingredients

1 teaspoon whole cumin seed  
2-3 teaspoons ancho chili powder  
1 teaspoon ground cumin  
1 teaspoon ground coriander  
1 teaspoon smoked paprika  
1 Tablespoon dried oregano  
1/8-1/4 teaspoon chipotle powder  
1 small onion, diced  
2 cloves garlic, minced  
1 large or 2 small carrots, diced  
1 green pepper, chopped  
6-8 mushrooms, halved and thickly sliced  
1 small zucchini, quartered and sliced  
2 yukon gold potatoes, chopped  
3-4 cups cooked black beans or  
two cans black beans, drained and rinsed  
1 398 ml (14 ounces) can of tomato sauce  
1 796 ml (28 ounces) can of whole tomatoes,  
coarsely chop the tomatoes  
1 cup water  
cilantro to taste

1. Start by heating a large pot over medium heat. When the temperature seems hot enough, toss in the cumin seed and toast until aromatic and the colour has darkened slightly. Add the diced onion and cook until translucent and slightly brown. If the onions seem to be cooking too fast and sticking, turn down the heat, and add a splash or two of water.
2. When the onions are cooked, add the garlic and the spice blend. Stir to evenly distribute and briefly toast the dried spices, about 30 seconds. Work quickly as ground spices will burn easily. Add the tomato sauce and the tomatoes. Stir. Bring to a boil, reduce heat to medium-low, cover with a lid. Simmer for 5 minutes.
3. After 5 minutes, add the black beans, chopped vegetables and one cup of water. Stir to combine. Bring to a boil, reduce heat, cover with a lid slightly ajar, and simmer until the potatoes are cooked, about 20-30 minutes. Stir frequently. This chili is very thick. It will spit and stick to the bottom of the pot if left to sit for too long. Feel free to add more water as needed.
4. When the potatoes are cooked, turn off the heat, stir in the chopped cilantro, and let sit for 5 minutes before serving.