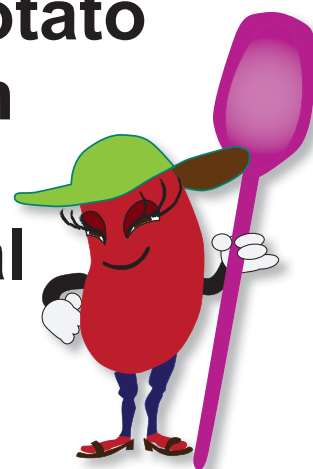


Beans, Rice And Everything Nice



Sweet Potato Chili with Crusty Cornmeal Topping



original recipe by
beansriceeverythingnice.weebly.com

Ingredients

Chili Seasoning Blend:

- 2 teaspoons ancho chili powder
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/8 teaspoon chipotle powder
- 1 Tablespoon dried oregano

Chili:

- 1 small onion, diced
- 1 clove garlic, minced
- 1 green pepper, diced
- 1 medium sweet potato, peeled and cubed
- 2 cups of cooked or drained and rinsed canned beans such as Black, Pinto, or Kidney beans (I used Cranberry Beans — similar to Pinto)
- 1 cup of water
- 3 Roma tomatoes, chopped
- 1-1/2 cups frozen corn

Cornmeal Topping:

- 1 cup soy milk (or other non-dairy milk)
- 1/2 cup water
- 1 Tablespoon apple cider vinegar or lemon juice
- 2 Tablespoons ground flax seed
- 1 cup cornmeal,
(I used Bob's Red Mill GF cornmeal)
- 1 teaspoon baking soda

1. Heat a saucepan over medium heat, and add the onion. Dry saute until translucent, adding water as needed to prevent sticking. When the onions are cooked, add the minced garlic and spices. Stir to combine.
2. Add the beans, cubed sweet potato, diced green pepper, and 1 cup of water. Stir to combine. Bring to a boil. Cover the pot, reduce heat, and simmer for 5 minutes, until the sweet potato is beginning to be tender. Stir in the diced tomatoes, and simmer covered for another 5 minutes. if there seems to be a lot of liquid in the pot, then simmer uncovered until most of the water has evaporated. You don't want this to be dry, just not soupy.
3. Pour the chili into a casserole dish, making sure it is evenly distributed. Cover with an even layer of frozen corn, and set aside. Preheat the oven to 190 C or 375 F.
4. Prepare the cornmeal topping while waiting for the oven to preheat. In a 2 cup measuring cup, add soy milk, water, apple cider vinegar or lemon juice, and ground flax seed. Whisk with a fork to combine and set aside to thicken. In a medium bowl, measure the cornmeal, baking soda and sugar. Whisk to combine.
5. When the oven has preheated, add the liquid ingredients to the dry, and combine to make a runny batter. Pour this batter over the chili, place in the oven and bake for 50 - 60 minutes, until the topping is firm and has pulled away from the sides of the dish. Allow the casserole to cool for 10 - 15 minutes before serving.