

Easy Black Bean Chili

- 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



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.

Spiced Roasted Fruit

- 1/4 - 1/2 cup packed brown sugar
- 1/2 teaspoon ground cardamom or cinnamon
- 6 cup fresh fruit, such as grapes, berries, and/or sliced pears
- 3 tablespoon butter, melted
- Ricotta cheese, yogurt, or oatmeal (optional)
- Crispy Oats (optional)

1. Preheat oven to 450°F. In a small bowl combine brown sugar and cardamom.
2. Line a 15x10-inch sheet pan with parchment paper.
3. Spread fruit evenly in prepared pan.
4. Drizzle with butter and sprinkle with sugar mixture.
5. Bake, uncovered, 10 to 15 minutes or until fruit is soft and starting to brown.
6. Let cool slightly. If desired, serve over ricotta, yogurt, or oatmeal and top with Crispy Oats. Makes 4 servings.



Crispy Oats:

Preheat oven to 350°F. Combine 1 cup regular or quick-cooking oats and 3 tablespoons each packed brown sugar and melted butter. Spread evenly in baking pan and bake at 350°F for 15 minutes, stirring once. Remove and cool in pan. Transfer to a storage container. Cover and store at room temperature up to 3 days or freeze up to 1 month