

Black Bean Chili

Makes 4 Servings

Ingredients:

- 1/2 tablespoon olive oil
- 1/2 onion, chopped
- 1 red bell peppers, seeded and chopped
- 1/2 jalapeno pepper, seeded and minced
- 5 fresh mushrooms, quartered
- 3 roma tomatoes, diced
- 1/2 cup fresh corn kernels
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon ground cumin
- 1/2 tablespoon chili powder
- 1 (15 ounce) cans black beans, drained and rinsed
- 3/4 cup chicken broth
- 1/2 teaspoon salt

Directions:

1. Heat oil in a large saucepan over medium-high heat. Sauté the onion, red bell peppers, jalapeno pepper, mushrooms, tomatoes and corn for 10 minutes. Season with black pepper, cumin and chili powder.
2. Stir in the black beans, chicken broth and salt.
3. Bring to a boil and simmer. Serve hot by itself or over rice.

