



CRAZY SEXY Bean Chili

1 GF SF Q

Serves 8

1½ tablespoons cumin seeds
2 tablespoons olive oil
1 white onion, diced
3 garlic cloves, minced
1 jalapeño, finely diced (for less heat, remove seeds and/or use half the pepper)
2 tablespoons chili powder
1½ cups ground seitan (alternatives: crumbled tempeh [wheat-free] or finely diced mushrooms [soy-free])
1 zucchini, diced
½ cup diced potato (any kind)
Two 15-ounce cans of black beans, rinsed
One 15-ounce can of kidney beans, rinsed
One 14-ounce can of crushed tomatoes (San Marzano recommended)
2 cups water
2 tablespoons maple syrup
1 teaspoon sea salt
½ bunch of fresh cilantro
1 cup kale, chopped
Diced avocado (optional)
Fresh cilantro (optional)

This crowd-pleaser is a go-to dish for potlucks, football-watching shindigs, and no-stress weeknight dinners.

Serve over brown rice and pair with a heaping side of steamed greens and corn tortillas. Cumin's nutty, peppery flavor is popular in Mexican and Indian cuisines.

Chili powder contains a unique blend of paprika, onion, garlic, oregano, and cayenne, giving your chili the traditional flavor that keeps you coming back for more. Don't sub it out for cayenne alone!

- 1** Toast cumin seeds in dry soup pot on medium heat, for 2 minutes until you smell the robust aroma. (This process releases the full flavor of the spice.)
- 2** Add the olive oil, onion, garlic, and jalapeño. Stir consistently until the onion is golden and translucent.
- 3** Add in the chili powder, seitan, zucchini, and potato, and stir well. Sauté for 3 to 4 minutes, stirring to avoid sticking.
- 4** Add in black beans, kidney beans, tomatoes, water, maple syrup, sea salt, and cilantro. Cover with a lid, reduce heat to low, and allow to cook for 20 to 25 minutes, or until the potatoes are tender.
- 5** Remove from heat, and stir in the kale.
- 6** Serve hot. Garnish with diced avocado and a handful of cilantro, if using.