

Eat
WELL
FEEL
good

Cooking Classes.
Community.
Fun.



Join our monthly workshops, **Cooking with Purpose**, to build on your current culinary skills and get your hands on healthy! Meet other students who share similar interests and learn more about cooking, nutrition, and come your community here on campus.

- ✓ A new recipe each month
- ✓ Learn lifelong skills
- ✓ Take home leftovers
- ✓ Consult with Health Center at Auraria's Registered Dietitian



Midwinter Bean Chili

SERVES: 4-6

Beans are underrated. They are loaded with fiber, making them an absolute powerhouse when it comes to maintaining optimal gut health. This dish features pinto and black beans, which work together to make this dish creamy and hearty. Chili is one of the best gateways into incorporating beans into your everyday diet because the different spices you can use bring out unique flavors in the beans. They also give you a lot of control over the variety of flavors in the chili!

INGREDIENTS

- 2 tablespoons extra-virgin olive oil
- 1 medium red onion, chopped
- 1 large red bell pepper, chopped
- 2 medium carrots, chopped
- 2 ribs celery, chopped
- ½ teaspoon salt, divided
- 4 cloves garlic, pressed or minced
- 2 tablespoons chili powder
- 2 teaspoons ground cumin
- 1½ teaspoons smoked paprika
- 1 teaspoon dried oregano
- 1 large can of tomatoes (28 ounces) with their juices
- 15 ounce can of black beans, rinsed and drained
- 15 ounce can of pinto beans, rinsed and drained
- 2 cups vegetable broth
- 1 bay leaf
- 2 tablespoons chopped fresh cilantro, plus more for garnishing
- 1-2 teaspoons sherry vinegar, red wine vinegar, or lime juice, to taste

PRO TIP

Chili is meant to be topped with additional flavors. Try adding grated cheese, avocado, cilantro, and tortilla chips for an extra burst of flavor.

DIRECTIONS

1. In a large pot, warm the olive oil. Add the chopped onion, bell pepper, carrot, celery, and ¼ teaspoon of the salt. Stir to combine and cook, stirring occasionally, until the vegetables are tender and the onion is translucent, about 7 to 10 minutes.
2. Add the garlic, chili powder, cumin, smoked paprika and oregano. Cook until fragrant while stirring constantly, about 1 minute.
3. Add the diced tomatoes and their juices, the drained black beans and pinto beans, vegetable broth and bay leaf. Stir to combine and let the mixture come to a simmer. Continue cooking, stirring occasionally and reducing heat as necessary to maintain a gentle simmer, for 30 minutes.
4. Remove the chili from the heat and discard the bay leaf. For the best texture and flavor, transfer 1½ cups of the chili to a blender, making sure to get some of the liquid portion. Securely fasten the lid and blend until smooth, then pour the blended mixture back into the pot.
5. Add the chopped cilantro, stir to combine, and then mix in the vinegar to taste. Add salt to taste.