

Black bean chili 2016

Number of students: 100

Olive oil 1 ¼ cups
Carrots, ¼ inch dice 4 qts
Celery, ¼ inch dice 4 qts
Ancho Chili powder ¾ cup
Smoked Paprika (Spanish) ¾ cup
Hungarian Paprika (sweet) ½ cup
Cumin powder 1 cup
Hing (asafoetida) 1 ½ tsp
Salt ½ cup
Black pepper 2 TBS
DICED tomatoes 1 ½ cans
Frozen corn 6 lb
Black beans 5 cans
Fresh Cilantro, washed and chopped 4 bunches

Cooking instructions for the largest batch:

1. Divide the oil between the two largest, tall sided pots (pictured here).
2. Divide the carrots and the celery between the pots and cook them on medium heat stirring often until they are very soft. This will take 20 – 30 minutes.
3. While the veggies are cooking, open the cans of beans and drain most of the liquid out of them into another container. Reserve this liquid in case the chili becomes too dry.
3. When the veggies are cooked, add the spices and hing. Cook this mixture for a few minutes to release the flavors of the spices.
4. Divide the beans, tomatoes and corn between the two pots. Add just enough of the reserved bean liquid to give the chili the right consistency. Please do not make the chili watery or “soupy.”

OVER

5. Cook on medium-high heat, **stirring and scraping the bottom frequently (every 2 or 3 minutes)** until the chili starts to simmer; then lower the heat and continue simmering until it's time to serve it. Please continue to stir often to prevent burning.

Black Bean Chili continued

Serve the chili in the vegetable insets (pictured here), two for each side. Serve chopped cilantro in small bowls on the side.

After lunch discard the leftover bean liquid.

Amounts adjusted 12/2016