

McDougal's Farm LLC

What's Growing On !

Recipes

Vegetarian Chili

2 pounds any combination of dried beans such as pink, pinto, navy, kidney, soy, black, or chickpeas

Rinse and soak in water overnight. Drain water. Cook in fresh water until soft, 45-60 minutes or longer, depending on the beans used.

1 cup red sweet pepper (chopped)
1 cup green pepper (chopped)
1 onion (chopped)
3 cloves garlic (minced)

In a large soup pot, sauté in 1 tbs oil
8 cups tomatoes (chopped)
1 tbs salt
1 tbs honey, molasses, or sugar

Add and heat to boiling. Add beans and one of the seasoning options below. Simmer for 45 minutes. Serve with cornbread or rice.

Hominy option:

3 ½ cups hominy (four 15 ounce cans)
1 tbs ground cumin
1 tbs coriander
1 tbs dried oregano
1 tsp crushed hot chilies
1 cup bulgur (optional for thicker chili)
½ cup fresh cilantro (chopped; wait to add until the last 5 minutes.)

Winter Squash option:

1 butternut squash (peeled, seeded, and chopped into ½ inch cubes)
1 chipotle pepper or jalapeno pepper (minced, seeds removed)
1 tbs chili powder
1 tsp ground cumin