

Chipotle Black Bean Stew

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Ingredients

- 2 Tbl olive oil
- 1 large onion, quartered and thinly sliced
- 3 cloves garlic
- ½ tsp salt
- A few dashes fresh black pepper
- 2 chipotle peppers (canned), drained and chopped
- 1 (28-ounce) can crushed tomatoes
- 3 cups water
- 4 russet potatoes, cut into ¾ -inch dice
- 2 carrots, peeled, cut into ¾ -inch dice
- 1 cup corn (if using fresh, it's 2 ears)
- 1 (16-ounce) can black beans, drained and rinsed
- Finely grated zest of 1 lime
- Juice of 1 lime

Directions

1. In a stock pot, sauté the onions in the oil over moderate heat for 5 minutes. Add the garlic, cumin, salt, and black pepper. Sauté for 1 minute.
2. Add the chipotles, tomatoes and water. Stir.
3. Add the carrots and potatoes, cover with a lid, bring to a boil, and simmer for 20 minutes.
4. Uncover, add the corn and beans. Add water if needed and then cook uncovered for 5 minutes.
5. Add the cilantro, lime zest, and lime juice. Let sit for at least 10 minutes. Serve!

Credit

Recipe adapted from “Vegan with a Vengeance”

