Jalapeno Black Bean Chili

Grocery List

* 3 Tbsp. Unsalted Butter
* 4 cloves Garlic, roughly chopped
* Red Onion, diced
* 3 Green Onions, sliced (light and dark parts)
* 3 Jalapenos, seeded and diced
* 1 Pint Medley Tomatoes

\*\*Small and medium sized tomatoes halved and larger sized tomatoes quartered\*\*

* 2x 540ml Black Beans, 1 can drained
* ¼ C Tomatillo Salsa
* ¼ C low sodium Vegetable Stock
* ¼ Tsp. Smoked Paprika
* 2 Tsp. Hot Sauce
* 2 Tsp. chopped fresh Cilantro
* Sea Salt / Black Pepper
* Green Onion / Shredded Monterey (Optional)



Prep Time: 10 Min

Cook Time: 45 Min +

1. In a medium sized sauce pan, melt the butter on medium heat. Add in the garlic and fry 3 minutes stirring once.
2. Add in the red and green onion and a pinch of sea salt. Stir often and cook 3 minutes before adding in the diced jalapenos. Continue cooking 2 or 3 minutes.
3. Add in the tomatoes and another pinch of sea salt. Cook 5 minutes allowing tomatoes to cook down.
4. Add in the tomatillo salsa, paprika, veg stock, hot sauce, cilantro, and black beans. Give a good pinch of sea salt and black pepper.
5. Bring to a boil, reduce heat to medium low and cover. Simmer 30 + minutes.
6. Remove lid 10 minutes prior to service to allow thickening.
7. Serve garnished with sliced green onion. Finely shredded Monterey Jack cheese is delicious as well.