

Three Bean Chili with Tons of Garnishes

Serves 6

Note: This can be made ahead and served for a dinner party.

Chili

1 t. olive or canola oil
2 Spanish onions coarsely chopped
4 cloves garlic minced
2 bell peppers and combination of colors coarsely chopped
1 small eggplant, peeled and cubed (or three zucchini cubed)
1 T. dried oregano
1 t. - 1 T. canned chipotle chiles finely chopped
2 t. crushed red pepper flakes
1 T. ground cumin
1 t. cayenne pepper (optional)
1 16 ounce can white beans drained and rinsed
1 16 ounce can black beans drained and rinsed
4 15 ounce cans red kidney beans drained and rinsed
1 C. dried lentils washed and picked over for stones
1 28 ounce can whole tomatoes coarsely chopped including juice
salt and pepper to taste

Garnishes

1 large red onion diced
2-3 red tomatoes diced
1 bunch green onions finely chopped
1/2 C. fresh cilantro chopped
1/2 C. fresh basil chopped
1/2 C. sour cream or plain yogurt
1/2 C. shredded sharp cheddar
1/2 C. crumbled goat cheese
2 avocados diced
2 limes quartered

1. Place a large stock pot over medium heat and add the oil. Add the onion, garlic, bell peppers, eggplant, oregano, and chipotle chiles, red pepper flakes, cumin, and cayenne pepper, if desired, and cook until the vegetables are golden about 10 minutes.

2. Reduce the heat to low and add the white, black and kidney beans, lentils, and tomatoes and cook, partly covered 1 hour stirring occasionally. Season to taste.

3. Place garnishes in small bowls and serve the chili in a heated serving bowl.