



Fire Roasted Fiesta Chili

From: Conlan Lang

Prep Time: 30 min

Serves: 20+

Cook Time: 1.5 hours

Instructions

- 1) In a medium stock pot, add the avocado oil and turn to medium-low heat
- 2) Once heated, add the onion, bell pepper, and celery, until translucent (stir occasionally!)
- 3) Add Jalapeno & Garlic, stir occasionally and allow to cook until fragrant before stirring in the tomato paste.
- 4) Once evenly coated with tomato paste, add in the beans, tomatoes, corn, lime juice, broth, and spices. Stir to get everything incorporated and allow it to simmer for a minimum of 30 minutes, though an hour plus would be recommended.

Notes

Served with homemade corn bread.

Ingredients

- 1 Tbsp Avocado Oil
- 2 Medium Onions, roughly chopped
- 1 Red Bell Pepper, roughly chopped
- 1 Yellow Bell Pepper, roughly chopped
- 2 Stalks of Celery, diced
- 4 Jalapenos, diced
- 6 Cloves of Garlic, minced
- 6oz Tomato Paste
- 2 Cups Black Beans cooked (~ 1 can if using canned)
- 4 Cups Red Kidney Beans, cooked (~ 2 cans if using canned)
- 2 Cans Fire Roasted Tomatoes
- 2 Cups Corn Kernels (~ 2 large cobs or 1 can if using canned)
- 1.5 Cups vegetable Broth
- 1oz Fresh Lime Juice
- Chili Powder, Cumin, Cilantro, Salt, Pepper, Cayenne

