

Summer Chili

1 yellow onion, diced
2 carrots, diced
2 celery ribs, diced
3 garlic cloves, crushed
1 bunch of cilantro **stems**, finely chopped
2 teaspoons dried oregano
1 teaspoon cumin seeds, crushed
2 teaspoons chili powder*
1 teaspoon smoked paprika
1 habanero, jalapeno, or fresno chili, minced
1 lb dried beans*
8 cups broth or H2O
2 ears of corn, kernels removed
2 zucchini or summer squash, diced

To serve

Crumbled goat cheese
Chopped cilantro leaves
Lime juice

***A quick note on chili powder and dried beans – use what ya got! A bottle of “chili powder” from the grocery store is often a blend of dried spices. Instead, grab a jar of a single dried chili. New Mexican red chili, ancho, and chipotle are all great options. As for dried beans, some hold their shape better than others. Pinto and kidney beans are great for chili. Domingo Rojo and Vaquero beans are two great heirloom options from Rancho Gordo. Again, use what ya got!**

1. In a large dutch oven or pot add a few tablespoons of olive oil and heat over medium-high heat. Add the diced onion, carrots, celery ribs, and a large pinch of kosher salt. Cook stirring every now and then for 5-7 minutes. You should notice moisture releasing, the vegetables softening, and the onions becoming translucent but they shouldn't be picking up color.
2. Add the finely chopped cilantro stems, crushed garlic cloves, and minced fresh chili. Continue to cook for 2 more minutes. Things should start to smell really fragrant!
3. Add the cumin seeds, and stir constantly for about 30 seconds, follow that with the dried oregano, chili powder, and smoked paprika. Stir everything together and season with another pinch of salt.
4. Add the beans and H2O and bring to a boil over high heat. Once boiling, reduce to a very gentle simmer over low heat and cover. Your cook time will vary depending on how fresh your dried beans are. My beans have been ready in around 1.5 hours of simmering but some beans can take up to 3 hours. Start testing beans at 1 hour. And simmer until they are just tender but still hold their shape.
5. Once the beans are ready, add corn kernels and diced zucchini. Stir to incorporate and cover again. Simmer until zucchini is soft, about 15-20 minutes. Taste the chili and adjust the salt as needed. Serve with lots of crumbled goat cheese, fresh cilantro leaves, and a big squeeze of lime juice.