



Makes 12 cups
Preparation Time: 25 minutes
Cook Time: 25 minutes

INGREDIENTS:

¼ cup lime juice

½ teaspoon pure cane sugar

1 teaspoon salt

3 small radishes, thinly sliced

1 fresh jalapeño chile, thinly sliced (see tip, recipe intro)

1 medium avocado, peeled and chopped

2 cups fresh or frozen mirepoix (10 to 12 oz.)

1 medium poblano chile or bell pepper (any color), seeded and chopped (see tip, recipe intro)

4 cloves garlic, minced

1 tablespoon paprika (for more robust flavor, see tip in recipe intro)

½ teaspoon ground cumin

4 cups low-sodium vegetable broth

3 15-oz. cans no-salt-added black beans, undrained

1 28-oz. can no-salt-added crushed tomatoes, undrained

2 tablespoons chopped fresh cilantro

Black Bean Chili with Quick-Pickled Avocado

This hearty black bean **chili** is on the table with minimal prep thanks to healthy plant-based convenience ingredients such as **canned beans**, canned tomatoes, and store-bought mirepoix—a mixture of garlic, onion, and celery. Poblano chili adds heat, paprika adds a smoky depth, and a blend of quick-pickled avocado, radishes, and jalapeño is the chili topper you didn't know you needed! For extra heft, or to make it go further, serve over whole grain rice, a baked potato, or with a hunk of whole grain bread.

Tips

Like strong flavors? The recipe calls for 1 tablespoon paprika. For a most robust flavor, use 2 teaspoons regular paprika and 1 teaspoon smoked paprika instead.

Make your own mirepoix: The formula for making your own is 2 parts chopped onion to 1 part each diced celery and diced carrot. For this recipe, you need 1 cup chopped onion plus ½ cup each of diced carrot and celery.

Where to buy mirepoix: Trader Joe's sells it fresh in 14.5-oz. tubs, and you can find it fresh near the bagged greens at many supermarkets. Cascadian Farm, Kroger, and other stores sell it frozen.

Use gloves: Chile peppers contain oils that can irritate your skin and eyes. Wear plastic or rubber gloves when working with them.

For more inspiration, check out these tasty ideas:

- [30-Minute Chili](#)
- [Butternut-Bulgur Chili](#)
- [Hearty Vegan Red Bean Chili](#)
- [Tempeh Chili](#)

By Laura Marzen, RD, LD

- 1 To make Quick-Pickled Avocado: In a medium bowl combine lime juice, sugar, and ¼ teaspoon of the salt. Stir in radishes and fresh jalapeño chile. Gently stir in avocado. Cover and chill at least 30 minutes or up to 3 hours. Stir before serving.
- 2 In a 4- to 6-quart pot cook mirepoix and poblano pepper over medium 6 to 8 minutes or until vegetables are tender, stirring occasionally and adding water, 1 to 2 tablespoons at a time, as needed to prevent sticking.
- 3 Stir in garlic, paprika, cumin, and remaining ¾ teaspoon of salt; cook and stir 1 minute. Add broth, beans, and tomatoes. Bring to boiling; reduce heat. Cover and simmer 20 to 25 minutes or until flavors are blended, stirring occasionally. Stir in cilantro. Top servings with Quick-Pickled Avocado and additional cilantro.