

Cooking in the Gesundheit Kitchen with Chef Hans Rueffert

Episode 8: A Hot New Take on Chili

From Chef Hans: My take on chili contains loads of beans and garam masala, a spice blend that really flavors the recipe. And the sauce that goes between the chili... THAT is the chili! This is an easy vegetarian recipe to make with loads of plant based protein from the beans and quinoa, while being easy on the GI system. Don't be afraid to customize the recipe to make it your own with veggie crumbles or any added "heat" (like chili powder or chopped peppers).

"Sweating" the aromatics, such as garlic and onions, is a cooking process that gets the volatile oils out to flavor your dish. Add salt while sweating your aromatics as it is a natural extractant. Sweating the spices with the onions and garlic opens the flavors up and adds a little bit of char, or "fond," to the dish.

Canned tomatoes are actually higher in beneficial properties like lycopene and they are great for chilis and soups. And draining and rinsing the beans removes the inherent gas.

Serves 4-6

INGREDIENTS:

- ½ tablespoon olive oil
- 3 garlic cloves, minced
- 1 onion, chopped
- ¼ teaspoon salt
- 1 teaspoon ground cumin
- 1 tablespoon garam masala OR Lucky 7 OR curry powder
- 1 can fire roasted crushed tomatoes
- 1 can tomato sauce
- 1 can dark red kidney beans, drained & rinsed
- 1 can light red kidney beans, drained & rinsed
- 1 can garbanzo beans, drained & rinsed
- 1/2 cup red quinoa, cooked

DIRECTIONS:

In a large pot or Dutch oven on medium heat, add the olive oil and allow to heat up for a minute. Sweat the aromatics: garlic, onion, salt, cumin, garam masala. Allow to sweat for about a minute while you continue to stir it all together.

Once the onion mixture has charred a bit add the fire roasted crushed tomatoes, tomato sauce, beans, and quinoa. Turn heat down to low and let chili come to a simmer for about 10 minutes. Season to taste and serve with your favorite toppings!