



Slow-Cooker Black Bean-Mushroom Chili

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Black beans, earthy mushrooms and tangy tomatillos combine with a variety of spices and smoky chipotles to create a fantastic full-flavored chili. It can simmer in the slow cooker all day, which makes it perfect for a healthy supper when the end of your day is rushed.

10 servings, generous 1 cup each | Active Time: 25 minutes | **Total Time:** 6 1/4-9 1/4 hours

Ingredients

- 1 pound dried black beans, (2 1/2 cups), rinsed
- 1 tablespoon extra-virgin olive oil
- 1/4 cup mustard seeds
- 2 tablespoons chili powder
- 1 1/2 teaspoons cumin seeds, or ground cumin
- 1/2 teaspoon cardamom seeds, or ground cardamom
- 2 medium onions, coarsely chopped
- 1 pound mushrooms, sliced
- 8 ounces tomatillos, (see Ingredient Note), husked, rinsed and coarsely chopped
- 1/4 cup water
- 5 1/2 cups mushroom broth, or vegetable broth
- 1 6-ounce can tomato paste
- 1-2 tablespoons minced canned chipotle peppers in adobo sauce, (see Ingredient Note)
- 1 1/4 cups grated Monterey Jack, or pepper Jack cheese
- 1/2 cup reduced-fat sour cream
- 1/2 cup chopped fresh cilantro
- 2 limes, cut into wedges

Preparation

1. Soak beans overnight in 2 quarts water. (Alternatively, place beans and 2 quarts water in a large pot. Bring to a boil. Boil for 2 minutes. Remove from heat and let stand for 1 hour.) Drain the beans, discarding soaking liquid.
2. Combine oil, mustard seeds, chili powder, cumin and cardamom in a 5- to 6-quart Dutch oven. Place over high heat and stir until the spices sizzle, about 30 seconds. Add onions, mushrooms, tomatillos and water. Cover and cook, stirring occasionally, until the vegetables are juicy, 5 to 7 minutes. Uncover and stir often until the juices evaporate and the vegetables are lightly browned, 10 to 15 minutes. Add broth, tomato paste and chipotles; mix well.
3. Place the beans in a 5- to 6-quart slow cooker. Pour the hot vegetable mixture over the beans. Turn heat to high. Put the lid on and cook until the beans are creamy, 5 to 8 hours.
4. Garnish each serving with cheese, a dollop of sour cream and a sprinkling of cilantro. Serve with lime wedges. Stovetop Variation: Total: 4 1/2 hours In Step 2, increase broth to 8 1/2 cups. Omit Step 3. Add the beans to the Dutch oven; cover and simmer the chili gently over low heat, stirring occasionally, until the beans are creamy to bite, about 3 hours.

Nutrition

Per serving : 306 Calories; 10 g Fat; 4 g Sat; 2 g Mono; 20 mg Cholesterol; 40 g Carbohydrates; 18 g Protein; 13 g Fiber; 415 mg Sodium; 735 mg Potassium

2 Carbohydrate Serving

Exchanges: 2 starch, 2 1/2 vegetable, 1 medium-fat protein, 1 fat

Tips & Notes

- **Make Ahead Tip:** Cover and refrigerate for up to 2 days or freeze for up to 3 months. | Equipment: 5- to 6-quart slow cooker
- **Ingredient notes:** Chipotle peppers are dried, smoked jalapeño peppers. Ground chipotle chile pepper can be found in the specialty spice section of most supermarkets. Chipotle chiles in adobo sauce are smoked jalapeños packed in a flavorful sauce. Look for the small cans with the Mexican foods in large supermarkets. Once opened, they'll keep up to 2 weeks in the refrigerator or 6 months in the freezer.
- Tomatillos are tart, plum-size green fruits that look like small, husk-covered green tomatoes. Find them in the produce section near the tomatoes. Remove the outer husk and rinse them well before using.