



Winter Recipe 1

Heirloom Bean Chili with Tofu Sour Cream & Avocado

Makes 4 to 6 servings or 6 or 7 cups

The Rancho Gordo Heirloom Bean Grower's Guide, Steve Sando's 50 Favorite Varieties, is full of photos and information on the history and use of these precious beans.

The hot peppers I like to roast are the larger ones because they have more substance and milder heat: Anaheim (mild heat) and poblano/pasilla peppers (medium heat). For more heat, choose fat jalapeno peppers. Taste to determine their strength before adding to the chili.

You can oven-roast tomatoes and sweet peppers at the same time, under a broiler or just in an oven or a toaster oven. Broil halved tomatoes, flat-side-up, and whole peppers until skins blister and brown, 20 to 30 minutes, longer in a toaster oven, turning every 5 minutes.

1 cup heirloom chili beans (Santa Maria Piquitos, Good Mother Stallard, Yellow Indian Woman, Appaloosa or California beans from Rancho Gordo, www.ranchogordo.com)
6 cups water or mild-tasting vegetable broth (3 cups to soak, 3 cups to pressure-cook)
3-inch piece kombu sea vegetable
1 bay leaf
1 tablespoon high-heat olive oil blend (2/3 Spectrum walnut oil to 1/3 extra virgin olive oil)
1 onion, diced
2 large cloves garlic, pressed or minced
1 carrot, diced
1 small green Bell pepper, diced
1 teaspoon unrefined sea salt
1 tablespoon *each* oregano, cumin, and chili powder
1 teaspoon smoked paprika (sweet or hot), for extra heat (optional)
One 14.5-oz. can crushed tomatoes fire-roasted with sauce/juice, Muir Glen Organic, 1 ½ cups; or roast your own, 2 pounds tomatoes yields 1 ½ cups, peeled, seeded and chopped
One 4-oz. can fire-roasted whole green chilis, Hatch brand, ½ cup; or roast your own, peel, seed and chop
2 tablespoons lemon or lime juice or apple cider vinegar
2 tablespoons pure maple syrup or brown rice syrup
½ cup cilantro, chopped

Garnishes:

½ cup Tofu Sour Cream (optional, recipe follows)
Half an avocado, diced small
6 sprigs cilantro



Tofu Sour Cream (optional):

Makes 1 cup

½ pound fresh tofu, medium or soft

2 tablespoons lemon juice, alone, or combined with apple cider vinegar

1 tablespoon extra virgin olive oil

½ teaspoon unrefined sea salt

1. Sort through beans for stones by spreading them on a white plate. Rinse beans in water to cover. Drain, and transfer to pressure pot or cooker. Bring to boil. Turn heat off and soak beans overnight or all day.
2. Drain beans. Add 3 cups fresh water to pot. Bring to boil and slow-boil uncovered for 5 minutes to allow initial gas to escape in the form of froth or steam. Add kombu and bay leaf and cover to bring to boil or pressure. Turn heat low to pressure cook for 20 minutes (for Piquitos), or boil until done. Makes 3²/₃ cups Piquitos beans and their broth. Cut kombu in cubes and return to pot. Discard bay leaf.
3. To make optional *Tofu Sour Cream*, blend ingredients until creamy smooth.
4. Heat oil in a 3- or 4-quart pot. Add onion, garlic, carrot, green Bell pepper and sea salt. Stir and cook covered for 5 minutes, stirring once or twice.
5. Add remaining ingredients along with beans and their broth. Cook until flavors are blended, about 10 minutes. Stir in cilantro and cook a couple of minutes more. Top each serving with a dollop of *Tofu Sour Cream*, cubes of avocado, and a sprig of cilantro.