

Vegetarian Black Bean Chili

Ingredients:

¼ cup olive oil
1 ½ - 2 cups chopped onion (about 2 medium)
6 cloves of garlic, minced
2 tbsp fresh ginger, minced
2 jalapeño peppers, seeded and minced
2 tbsp chili powder
2 tsp dried oregano
2 tsp ground cumin
½ tsp cayenne pepper
1-2 red peppers, diced
2 sweet potatoes, peeled and diced into ½ inch cubes
1 mango, peeled and diced into ½ inch cubes
1 cup orange juice
1-cup water
2 tbsp Bragg's Liquid Aminos (or soy sauce)
4 - 15 oz. cans of black beans
1 - 15 oz can of chopped tomatoes
1 - 15 oz. can of tomato sauce
2 tbsp Apple Cider Vinegar
Sour cream and cilantro for garnish

Heat olive oil in large pot on medium-high heat. Add onions, garlic, ginger and jalapeño peppers and cook until translucent, about 5 minutes. Add chili powder, oregano, cumin, and cayenne pepper, and stir 2 minutes more. Add red peppers, sweet potatoes, mango, orange juice, water, Braggs and vinegar, and let come to a boil. Lower heat and simmer with a lid on for 15 minutes, or until potatoes start to soften. Add beans, tomatoes and tomato sauce all at once. Simmer for an hour or longer until all the flavors are combined. Ladle into bowls and serve with sour cream and cilantro.