

K's Kitchen: No fuss black bean chili

By Kathryn Reed

My house seems to smell better as the days and nights get cooler. This is because I'm more apt to be making comfort foods that linger in the oven or cook all day in the crockpot.

There is something wonderful about throwing ingredients together in the crockpot, letting them simmer and then having a meal ready in the evening. When I'm at home during this ritual I love the intensity of the aroma as it gets stronger. If I've been out all day, to come home to a house that smells like someone has been cooking all day is delightful.

This recipe is super easy – as are most crockpot concoctions.

The flavors will meld as the day goes on, so don't adjust the seasonings right away.

Using the yogurt instead of sour cream keeps it healthier. None of the toppings is necessary, but they do make the bowl look prettier.

This can easily be made on the stove. Just use a little oil to sauté the vegetables before adding the other ingredients.



Black Bean Crockpot Chili

1 medium onion, diced

1 medium red bell pepper, diced

6 garlic cloves, minced

2 T tomato paste

1 T chile powder

2 tsp ground cumin

1 tsp dried oregano

$\frac{1}{2}$ tsp cayenne

Kosher salt

Pepper

1 15-ounce can crushed tomatoes

3 15-ounce cans black beans, drained

1 T honey

1 tsp finely grated orange zest, plus 2 T fresh orange juice

Cilantro leaves, optional

Greek yogurt, optional

Cheese, optional

Put all the ingredients except the cilantro, yogurt and cheese into the crockpot. Let cook all day on low.

Add a dollop of yogurt and few pinches of cilantro and cheese to each serving, or let guests add their own.