

# ADZUKI BEAN CHILI W. CORNBREAD

## TOPPING

### INGREDIENTS: (MAKES 8-10 PORTIONS)

- 2 tablespoon coconut oil
- 2 large onions -- diced
- 12 garlic cloves, minced
- 1 cup red or green bell pepper -- seeded & chopped
- 1 cup each celery stalks, squash, or turnips & carrots -- chopped
- 2 tbsp. each cumin, paprika, oregano
- 2 cups dry adzuki beans (soaked & germinated if possible)  
(or other dried beans of your choice!)
- 1- 14 oz. can crushed tomatoes (then fill the can with water & add)
- 1 or 2 canned chipotle chilies -- seeded & minced
- salt to taste

### DIRECTIONS:

1. In a large saucepan, heat oil over medium-high heat. Add the onion, bell pepper, celery, and garlic, and cook, stirring, for about 5 minutes.
2. Stir in all remaining ingredients and cook for 90 minutes or so over low heat, stirring occasionally.  
OR put all ingredients in a slow cooker or crockpot, for 6 or more hours!

### COOKING OPTIONS:

- Use ground beef, chicken or turkey with this, brown about 1 lb. in step one.
- Use a smoked turkey leg. Add it in step 2. about 15 minutes before serving, remove turkey leg, shred or chop meat & return to pot.
- Add more veggies, zucchini, squash, carrots, anything!
- Make a huge batch & freeze some!

### SERVING OPTIONS:

- Serve green or red onions, grated cheddar cheese & coriander on side.
- Use homemade pita chips or for dipping.
- Place a dollop of fresh sour cream on top.

### CORNBREAD TOPPING:

- 3/4 cup non gmo-cornmeal
- 1/4 cup organic whole wheat flour
- 1 1/2 teaspoons "no aluminum" baking powder
- 1/2 teaspoon salt
- 1/2 cup buttermilk
- 1 large egg
- 2 tablespoons butter

Mix wet ingredients & dry ingredients separately, then together till smooth. Bake in a baking pan, either like a loaf, like brownies (flatter), in muffin tins, or right on top of your chili, as a crust. Bake at 350 until golden brown on top. (time depends on shape & size!).

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