

Island Chili

2 cloves fresh garlic, chopped	3T olive oil
1 medium yellow onion, sliced	28 oz. diced tomatoes
2-1/2 cups diced sweet bell peppers	1 can each, drained:
1 T cumin. ground	dark red kidney beans
1 T Hungarian paprika	black beans
1T chili powder	cannellini beans
2 t sugar	(of course you can use fresh beans)
1/2 t black cardamom	1 cup of water
1/2 t cayenne (optional, and to taste)	2 T tomato paste
salt n' pepper	1T balsamic vinegar

Saute the garlic, onion, yellow and orange peppers in olive oil. When tender, add all the spices, sugar, salt n' pepper. Stir gently to coat everything for about a minute, then add your tomatoes, all the beans, the water and tomato paste.

Gently combine it all really well, bring it to a boil and let it simmer for 20-30 minutes. Stir the vinegar in at the very end. You'll smell when it's done!

Serve in bowls with diced avocado, sour cream and fresh basil.

Captain's Note:

This is really nice with some whole grain chips alongside, or of course a nice cornbread (add our Green Chili Sugar to it for some "bite"!

Kick off your shoes and enjoy ' mon!