Vegetarian Chili
Serves 6-8

You will love this healthy, hearty chili on a blustery day. Top with chopped onion and SCD yogurt or avocado slices. Squeeze lime juice onto each serving if desired.

Vegetarian Three-Bean Chili

1 Tbs. olive oil

2 medium carrots, thinly sliced

1 large onion, finely chopped

½ jalapeno chile, seeded and minced* (wear gloves)

3 large garlic cloves, minced

1-1/2 tsp. *each;* dried oregano, cumin, paprika, salt

6 plum tomatoes, diced

6 oz. legal tomato juice

1 bay leaf

3 c. cooked dried navy beans (soak overnight, drain, cook in fresh water according to package directions)

1/2 c. brown lentils, soaked 10 hours and cooked 5 minutes in fresh water

2-1/2 c. water

¼ tsp. freshly ground pepper

½ bunch Swiss chard, stems removed, leaves cut into 1-inch pieces (5 cups)

1 Tbs. plus 1-1/2 tsp. chopped fresh cilantro, plus sprigs for garnish

1 avocado, peeled and sliced, for garnish

lime wedges, for serving

Heat oil in a large pot over medium heat. Add carrots, onion, jalapeno, and garlic; cook until softened, about 10 minutes. Add oregano, cumin, paprika and salt; cook, stirring constantly, 2 minutes. Add tomatoes, juice, bay leaf, beans, water, and pepper. Bring to a simmer. Cover, and reduce heat to medium-low. Simmer for 1 hour.

Discard bay leaf. Add Swiss chard, and cook, uncovered, until mixture has thickened slightly, about 20 minutes. Stir in lentils and chopped cilantro. Cook 4 to 5 more minutes. Garnish with avocado and cilantro sprigs, and serve with lime.