



Quinoa, Black Bean and Miso Chili

Ingredients:

1 cup Quinoa
¼ lb dried black beans (soaked in water overnight)
¼ lb dried navy beans (soaked in water overnight)
¼ lb miso
1 small red onion
2 ears fresh corn (kernels removed from cobb. Cobbs, husk & silk reserved)
2 Tablespoons Extra Virgin Olive Oil
2 jalapeno peppers
1 red pepper
1 small Vidalia onion
2 stalks celery
4 bay leaves
1 stick of cinnamon
1 tablespoon black peppercorns
Salt & White Pepper

Directions:

Place the corn cobs, husk & silk in a pot and cover with 2 quarts of cold water. Bring the water to a boil, reduce to a simmer and let simmer about 45 minutes.

Strain the black beans from their soaking water. Place in a pot with 1 bay leaf, 1 cinnamon stick, and the red onion cut in halves. Cover with water by an inch. Bring to a boil. Reduce to a simmer and let simmer until

tender. Strain the beans. Discard the bay leaf and onion and set aside the beans and cinnamon stick

Strain the Navy Beans from their soaking liquid. Place the black peppercorns in a cheese cloth and tie together to create a pouch. Place the beans, the peppercorns, and one bay leaf in a pot and cover with water by an inch. Bring to a boil. Reduce to a simmer and simmer until tender.

Strain the beans, reserving the water. Discard the peppercorns & bay leaf and set the beans aside.

In the meantime, rinse the quinoa in several changes of cold water.

Remove the seeds from the jalapenos and mince.

Remove the seeds from the red pepper and cut into $\frac{1}{4}$ inch dice.

Cut the Vidalia and celery into $\frac{1}{4}$ inch dice

Strain the pot with the corn husk, silk & cobs. Reserving the broth and discarding the solids. Place the broth in a pot and bring to a boil. Add the quinoa and reduce to simmer. Simmer until tender, about 10 minutes.

Strain reserving both the broth and quinoa.

Add the olive oil to a pot that is large enough to hold all the ingredients.

Heat the pot above a medium flame until the olive oil becomes fragrant, do not let it smoke. Add the jalapeno, onion and reserved cinnamon stick to the pot. Cook, stirring frequently until the onion is translucent. Once the onion is translucent add the celery and red pepper and continue to cook until the peppers and celery are al dente. Add the quinoa, corn kernels and reserved cooking liquid from the navy beans and miso and stir to blend.

Let simmer for about 25 minutes.

At this point you can serve the chili. However, we like to let it sit overnight in the refrigerator to allow the flavors to develop. When reheating we add the reserved quinoa broth to moisten it.