

## Really Delicious Black Bean Chili

- 2 Tbs. extra-virgin olive oil
  - 1 each medium red, yellow and orange bell peppers chopped into half-inch pieces
  - 1 onion, chopped
  - 4 garlic cloves, minced
  - 2 tsp. chili powder
  - ½ tsp. ground cumin
  - 1 14.5 ounce can no-salt added petite cut tomatoes
  - 1 15.5 ounce can black beans, drained and rinsed
  - 1 14.5 ounce can no-salt added corn kernels, rinsed
  - ½ tsp. salt
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- ½ cup fat-free sour cream
  - ½ cup cilantro sprigs, chopped
  - 1 clove garlic
  - 1 lime, cut into wedges
  - 2 scallions, thinly sliced
  - 1 avocado, peeled and cut into small cubes

Heat the olive oil in a large pot over medium heat. Sauté the peppers until they start to brown on the edges, about 5 minutes. Add the onion and continue to sauté for another 5 minutes. Stir in the minced garlic, cumin and chili powder. Add the tomatoes and black beans. Simmer for 10 minutes. Stir in the corn and season with up to ½ tsp. salt.

Puree the sour cream, cilantro and garlic clove with a squeeze from 1 lime wedge in a blender or food processor until smooth. Use as a garnish, along with the remaining lime wedges, the scallions and the avocado.

Serves 4.

If you have any of the cilantro-sour cream garnish left over, use it on broiled salmon or grilled chicken.

From: Nutrition Health Letter 2008.