

# ***HULLESS OATS-BLACK BEAN CHILI***

(Meatless)

2 TBSP olive oil

1 large yellow onion, chopped

1 large yellow bell pepper, chopped

5 cloves garlic, minced

2 tsp chili powder

1 ½ tsp ground cumin

1 tsp dried oregano

2 cups cooked hulless oats

½ tsp salt

½ tsp freshly ground pepper

2 15-oz. Cans black beans, rinsed

2 14-oz. Cans diced tomatoes, undrained

2 cups vegetable broth

2 tsp light brown sugar

\* optional: 1-2 cans chipotle peppers in adobo sauce

Garnish - 1 avocado, diced &

½ cup chopped fresh cilantro

Heat oil in Dutch oven over medium-high heat.

Add onion, pepper & spices. Cook until tender, about 5 minutes. Add beans, tomatoes, \*chipotle to taste,

broth & brown sugar. Bring to boil over high heat,

reduce heat, cover, simmer 25 minutes.

Stir in cooked hulless oats and heat through, about 5 minutes.

*Remove from heat. Garnish each bowl with avocado & cilantro.*