

Black Bean Chili

Ingredients:

- Olive oil, 2 tablespoons
- Onion, 1 large, chopped
- Leeks, 2 large, chopped
- Green pepper, 1 large, chopped
- Red pepper, 1 large, chopped
- Garlic, 4 cloves, minced
- Black beans, two 14-ounce cans, drained
- Diced tomatoes, one 28-ounce can
- Chili powder, 3 tablespoons
- Chili flakes, 1/4 teaspoon
- Oregano, 2 teaspoons
- Ground cumin, 1 tablespoon
- Salt and pepper, to taste
- Whole kernel corn, one 15.25-ounce can, drained
- Optional toppings: sour cream, shredded cheese, cilantro

Method:

- Heat olive oil in a large pot on medium heat. Brown onions, leeks and peppers, about 5 minutes. Add in garlic and heat until fragrant, about 2 minutes.
- Add remaining ingredients, except corn. Bring to a boil, then reduce heat to low, cover and simmer for 30 minutes, stirring occasionally.
- Add corn and cook 5 minutes. Garnish with optional toppings.

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