

## **Cindy's famous chili!**

Shared by Richard Slade

Ingredients. Mostly from Trader Joe's. The Eden beans are soaked in Kombu, much easier to digest!

Oil, as needed

1 large red onion, diced

2 sweet potatoes, peeled and diced

3 tsp garlic, diced

2 tbsp ground cumin

2 tbsp chili powder

6-8 cans Eden Beans (not Trader Joe's): aduki, black, black soy

32 oz crushed orange diced fire roasted tomatoes

26 oz roasted garlic marinara sauce

1 can chipotle salsa

1 package soy chorizo (the long tube, not the sausages)

1 cup dry kamut, prepared—or farro

3 cubes frozen cilantro, or a bunch of fresh cilantro, washed and chopped fine

### Preparation

Prepare Kamut ahead of time

Sauté onion and garlic in oil

Add cumin and chili powder

Stir until toasted

Add sweet potatoes, tomatoes, tomato sauce, salsa

Stir

Add black soy beans, drained

Add aduki and black beans with some of their liquid

Simmer until sweet potatoes are soft, anywhere from 45 - 90 minutes

Add drained kamut

Sauté chorizo in oil then add to chili

Add cilantro at last minute

Serve with side bowls of sour cream, diced red onion, shredded cheese, and guacamole