

Vegetarian Black Bean Chili with Orange and Cumin

[Bon Appétit](#) | January 2009

by The Bon Appétit Test Kitchen

at a glance

main ingredients [Orange](#), [Bean](#)

dietary considerations [Vegetarian](#), [Low Fat](#), [Low Cal](#), [High Fiber](#), [Low Cholesterol](#)

appears in this menu [Belly-Filling Vegetarian Meal](#)

yield: Makes 4 servings (plus leftovers)

active time: 30 minutes

total time: 30 minutes

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Ingredients

- 2 oranges
- 2 tablespoons olive oil
- 2 cups chopped onions
- 4 garlic cloves, pressed
- 4 teaspoons chili powder
- 4 teaspoons ground cumin
- 2 teaspoons ground cinnamon
- 3 15.5-ounce cans seasoned black beans, drained
- 2 14.5-ounce cans diced tomatoes in juice
- Hot pepper sauce
- Sour cream or plain yogurt
- Chopped fresh cilantro

Preparation

Grate enough orange peel to measure 1 1/2 teaspoons. Juice oranges. Heat oil in heavy large saucepan over medium-high heat. Add onions; sauté 5 minutes. Mix in garlic and spices. Add beans, tomatoes, and half of orange juice. Simmer over medium heat until heated through and flavors blend, stirring often, about 15 minutes. Mix in orange peel and remaining orange juice. Season to taste with hot sauce, salt, and pepper. Ladle chili into bowls. Top with sour cream and cilantro. Pass extra hot sauce alongside.

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