



Trend – Comfort Food

Peter Piper's Cuban Chili

Pepper-up a healthy bowl of chili

- 3 poblano chili peppers, roasted, seeded chopped
- 1 onion, peeled, diced
- 1 Tablespoon coconut oil
- 2 cups mixed colored sweet bell peppers
- 1 jalapeno pepper, seeded, minced
- 3 cloves garlic, minced
- 1 teaspoon ground cumin
- 1/2 Tablespoon chili powder
- 1 teaspoon dried oregano
- 1/2 teaspoon ground black pepper
- 8 ounces smoked ham, chopped bitesize pieces
- 1 (15 oz.) can organic crushed peeled tomatoes
- 1/2 cup spicy vegetable juice

1 (14 oz.) can petite diced tomatoes
1 (16 oz.) can black beans, drained
1 (16 oz.) can black beans with liquid
1 to 2 cups bone broth as needed
Salt to taste
Garnish: Chopped parsley as desired
Serve with: Dollops of plain yogurt or sour cream if desired

Roast Poblano Chili Peppers. (See attached recipe); Chop roasted peppers into bitesize pieces; set aside.

Cook Vegetables and Spices: In large chili pot, sauté onions in hot oil about a 4 to 5 minutes; add sweet peppers, jalapeno peppers, and garlic; cook on medium high heat for about 4 minutes; mix in cumin, chili powder, oregano, and black pepper; cook for 1 to 2 minutes. Add ham; cooking until ham is hot.

Simmer Chili for Enhanced Flavor: Stir in crushed tomatoes, spicy vegetable juice, diced tomatoes with liquid, roasted diced poblano peppers, drained black beans, and black beans with liquid. Stir in 1 cup bone broth if liquid is needed. Bring to a boil; reduce heat to simmer; cover; cook for 1 hour or place in slow cooker on low/simmer until serving.

Note: Add additional broth during cooking for a thinner chili.

Yield: 8 to 10 cups chili Serves: 6 to 8

About the Recipe: This chili combines lots of different kinds of peppers that are jam-packed with nutritional benefits. They are combined with popular Cuban flavor of black beans, lean smoked ham, and spicy chili spices. Perfect to serve with warm wholewheat, oat, or gluten-free rolls.

Did you know that different peppers have their own unique health benefits?

- **Poblano Peppers** are milder than other spicier varieties of pepper. They're a great source of fiber, good amounts of iron and vitamin A.
- **Jalapeno Peppers** contain compound called capsaicin, can help with weight loss, promote immune system health, and may even help with headaches.

- **Sweet Red Bell Peppers** a great source of vitamin A to improve your night vision, have 200 percent of your daily dose of vitamin C, and also have a good amount of vitamin B56, folate, and healthy antioxidants!
- **Yellow Sweet Peppers** are packed with vitamin C, have niacin, which helps your digestive system, and a skin improving B vitamin.
- **Green Sweet Peppers** contains plenty of vitamins E and C, in addition to antioxidants.
- **Orange Sweet Peppers** contain Beta carotene, a type of vitamin A that helps to maintain healthy teeth, skin, and strong bones

According to Dr. Michael Greger's Nutrition Facts, eating bell peppers with other healthy veggies can lower your risk of cardiovascular disease. For More Information See:

<https://www.onegreenplanet.org/natural-health/get-to-know-the-health-benefits-of-these-10-common-peppers/>

How to Oven Roast Poblano Peppers:

It's the preferred cooking method for roasting larger batches of peppers

Before Starting: Preheat oven to 400 degrees F. Line baking pan with foil for easy cleaning up. Place the peppers on the baking pan.

Roast Peppers: The peppers may have three sides. Bake for 8 minutes or longer per side, turning them with tongs until the outsides are browned or blackened and peppers feel soft. The outer layer will start to blister or pull away from the flesh.

Steam Peppers: With tongs, remove the peppers from the baking pan; put them into a bowl; cover with plastic wrap or large plate to create steam. Set aside for about 10 to 15 minutes.

Remove Stems, Seeds, and Outer Peel: Gently cut off stem; with a knife, cut pepper open to remove the seeds; do not wash the peppers; rub or pull off the outer peel/skin.