

Vegetable chili:

Ingredients:

3 tablespoons olive oil
1 large onion diced small
2 garlic cloves, minced
1 red bell pepper, diced small
1 green bell pepper, diced small
1 poblano pepper, diced small
1 bottle of dark beer
2 teaspoons chili powder
1 teaspoon cumin
4 oz dark cocoa powder
1 can diced tomatoes
1 can tomato sauce
15 oz cooked black beans
15 oz cooked chickpeas (pulsed or chopped into smaller pieces)
Salt and pepper to taste

Instructions:

In a large pot heat olive oil on medium high heat. Sauté onions until browned slightly, about 5 minutes. Add minced garlic and cook for another minute. Add chopped peppers and sauté for 15 minutes or until softened, stirring intermittently. Add chili powder and cumin. Stir for 20 seconds until the spices stick to the bottom of the pot. Immediately add the beer to the pot and stir until spices are mixed in, making sure to scrape the spices off the bottom of the pot. Let the mixture boil for 2 minutes. Add cocoa powder tomatoes, and tomato sauce. Stir until the chocolate melts. Stir in beans and salt to taste.

Finish with cilantro, green onions, avocados, yogurt or your favorite hot sauce.



Roasted sweet potato salad

Ingredients:

- 3 large sweet potatoes cut into 1-inch chunks
- 3 tablespoons olive oil
- 1 teaspoon salt
- 3 tablespoons apple cider vinegar
- 1 tablespoon Dijon mustard
- 1 tablespoon grain mustard
- 1 tablespoon honey
- ½ cup oil
- 1/2 cup dried cranberries
- 1 apple chopped
- 1 cup chopped scallions, white and green parts
- 1/2 cup nuts or seeds
- ½ red onion sliced thin
- 2 cups shredded kale (massaged with vinaigrette)

Instructions:

- Cut sweet potatoes and toss with oil and salt in a large bowl
- Line a sheet pan with paper and roast sweet potatoes in the oven at 425 degrees for 30 minutes or until tender
- Combine mustard, vinegar, honey and slowly drizzle in the oil to make the vinaigrette
- Mix the vinaigrette with the kale until kale is softened
- Add remaining ingredients and serve

