



## White Kidney Bean Chili with Pine Nuts

By Laura Pole

A small amount of blended pine nuts add richness and texture to this flavorful chili. Serve it with a green salad of slaw, and a slice of cornbread.

**Yields 4 – 6 servings**

**Prep Time:** 15 minutes

**Cook Time:** 40 minutes

### Ingredients

- 2 tablespoons extra virgin olive oil
- 1 cup diced yellow onion
- 2 garlic cloves, minced
- 1 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 2 15-ounce cans cannellini beans, drained and rinsed
- 1 1-inch piece kombu
- 1 4-ounce can mild green chilis
- 1 14.5-ounce can whole tomatoes
- 1 teaspoon agave nectar, rapidura, or succanat, or 1 small square 70% dark chocolate
- 3 tablespoons pine nuts, blended until smooth in a small amount of water
- salt



Photo: Lori Eanes Photography

### Optional Garnish:

- 1/4 cup scallions, whites and greens, finely chopped
- 1/4 cup chopped cilantro
- 6 tablespoons grated cheddar cheese

### **Instructions**

Heat the oil in a medium pot over medium heat.

Add the onions and sauté until golden, about 5 minutes. Add the garlic, cumin, and coriander and sauté for 30 seconds. Add the beans, kombu and 2 cups water.

Raise the heat and bring to a boil.

Lower the heat and simmer, partially covered, for about 15 minutes.

Add the chilis, tomatoes, sugar (or chocolate), pine nuts and 3/4 teaspoon salt.

Simmer the beans uncovered for about 20 more minutes, breaking the tomatoes apart with a spoon while cooking.

Taste and add more salt if necessary. Remove and discard the kombu. Serve hot, garnished with scallions, cilantro, and cheddar cheese.