

White Bean and Pumpkin Chili

Serves 8 to 10 generously

8 lb pumpkin, seeds removed, peeled, and coarsely chopped
(If pumpkin is too hard or dangerous to peel and chop, roast it whole and scoop out pumpkin meat when cool enough to touch)

2 cups dried white beans

¼ cup olive oil

2 large red onions, diced

2 Tbsp finely chopped garlic

¾ lb combination of carrots, parsnips, rutabagas, diced

3 Tbsp ground chili powder

3 Tbsp ground cumin

3 quarts or more vegetable or chicken stock or water

Salt and Pepper to taste

Cooking Beans

The night before cooking the chili, sort through dried beans and pick out any rocks and discolored beans. Put beans in a heavy bottomed pot, cover with 4 inches of water, and bring to a boil.

Remove the bean pot from the stove, cover, and let stand overnight.

Before adding to the chili, drain, rinse, and cook beans in enough water to cover until almost tender.

In a large, heavy bottomed soup pot, heat olive oil over medium high heat. Add chopped onions and sauté until golden brown, about 3 to 5 minutes. Add chopped garlic and sauté until fragrant, about 2 minutes. Toss in the chili powder and ground cumin and stir to coat. Add carrots, parsnips, and rutabagas, and sauté for 5 more minutes. Toss in the chopped (or roasted and scooped) pumpkin and the cooked white beans.

Pour stock or water over vegetables to cover by 2 inches. Bring pot to a gentle simmer and cook until pumpkin and beans are soft, adding more liquid as necessary, approximately 1 to 1½ hours. Using a potato masher or immersion blender, gently mash about ¼ of the soup and return to soup pot. Taste for spices and salt and pepper.

Note:

Soup is best made a day or so before serving to let flavors blend. Optional garnishes to serve with chili:

Sour cream, sliced green onions, hot sauce, lime wedges, grated cheese, tamari sauce, and nutritional yeast.

Cabbage Slaw with Winter Greens

Serves 4 to 6

1½ lb green cabbage, very thinly sliced

1 bunch winter greens-kale, mustard greens, etc., thinly sliced

1 bunch green onions, thinly sliced

1 clove garlic

2 Tbsp finely chopped shallot

Grated zest of 2 limes

2 to 3 Tbsp freshly squeezed lime juice

½ tsp ground coriander

¼ tsp cayenne pepper

1/3 cup olive oil

Salt to taste

In a large bowl toss together the cabbage, winter greens, and green onion.

Crush garlic and combine with lime zest, lime juice, shallot, and spices. Whisk in olive oil and taste for salt. Toss dressing with greens about 20 minutes before serving to combine flavors.

Chocolate Blackberry Beet Brownies

Makes 1-9" by 13" pan

12 Tbsp unsweetened cocoa

1 stick (4 oz) unsalted butter

¾ lb red beets, cooked, peeled, and puréed

¾ cup blackberry jam

2 large eggs

½ tsp salt

1½ cups sugar

1 tsp vanilla

1 cup all purpose flour or 1¼ spelt flour

Preheat oven to 350°. Melt butter and ¼ cup jam. Mix in cocoa and puréed beets. In another bowl beat together eggs, salt, sugar, and vanilla then add chocolate beet mixture. Add flour and mix until just blended-over mixing will produce tough brownies. Spread thick batter into a greased 9" by 13" pan. Melt the remaining ½ cup of jam and drizzle over the top. Bake brownies until a toothpick inserted into the middle of the pan comes out with a few moist crumbs attached-approximately 20 minutes. Better to under bake than over bake. Cool on a rack for 15 minutes before cutting and serving.