

# King Trumpet Mushroom Chili

*with Jalapeño-Cheddar Cornbread*

King Trumpet mushrooms, also called King Oyster, are the largest mushroom in the oyster mushroom species. Known for their thick, stumpy stems and flat caps, these firm mushrooms deliver tons of umami flavor and add heartiness to this vegetarian chili. To add extra flavor to traditional cornbread, we added sautéed jalapeño peppers and cheddar cheese.



## Ingredients

- 2 Cloves Garlic
- 2 Jalapeño Peppers
- 2 King Trumpet Mushrooms
- 2 Ounces Sharp Cheddar Cheese
- 15-Ounce Can Black Beans
- 1 Bunch Cilantro
- 1 Green Bell Pepper
- 1 Scallion
- 1 Yellow Onion
- 6-Inch Paper, Oven-Safe Loaf Pan
- 2 Cups Cornbread Mix
- 1 Egg
- 1 Tablespoon Smoked Chili Powder
- 15-Ounce Can Diced Tomatoes

Makes 2 Servings  
About 700 Calories Per Serving



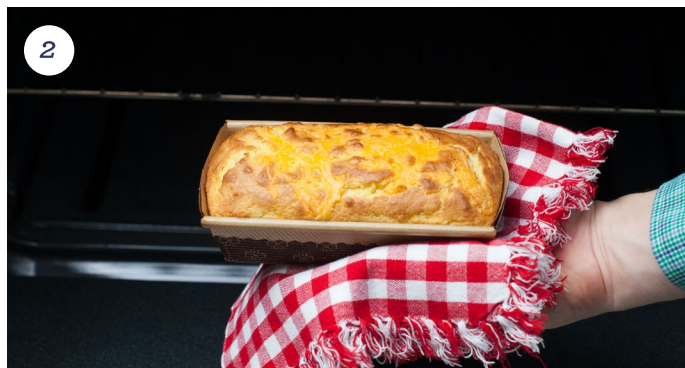


# Instructions



## *Prepare the ingredients:*

Preheat the oven to 400°F. Wash and dry the fresh produce. Peel and mince the garlic. Small dice the green bell and jalapeño peppers, discarding the seeds. (Wash your hands afterwards, and don't touch your eyes.) Cut the mushrooms into ½-inch pieces. Grate the cheddar cheese. Drain and rinse the black beans. Roughly chop the cilantro. Peel and small dice the onion. Thinly slice the scallion.



## *Make the cornbread:*

In a medium pot, heat 2 teaspoons of olive oil on medium-high until hot. Add **half the jalapeño** and cook 1 to 2 minutes, or until somewhat softened. Remove from the heat and let cool slightly. Grease the **loaf pan** with a little oil. In a medium bowl, combine the **cornbread mix, the egg, 2 tablespoons of olive oil, and 1¼ cups of water**. Fold in the **cooked jalapeño pepper, half the cheddar cheese**, and some salt and pepper until blended. (Save the remaining cheese for garnish.) Pour the batter into the loaf pan until it's about ¾ full (you may have extra batter) and bake for 26 to 28 minutes, or until a knife inserted into the center comes out clean.



## *Cook the aromatics:*

In the same pot used for the jalapeño, heat 2 teaspoons of olive oil on medium-high until hot. Add the **onion, green bell pepper, garlic, and remaining jalapeño**; cook for 2 to 3 minutes, or until softened. Season with salt and pepper, then add the **mushrooms**. Cook 2 to 3 minutes, or until the vegetables begin to brown, stirring occasionally.



## *Toast the spices:*

Add the **smoked chili powder** and cook for 30 seconds to 1 minute, or until fragrant and toasted.



## *Add the beans & tomatoes:*

Add the **beans, tomatoes, half the cilantro, and 1 cup of water**. Bring the mixture to a boil, then reduce the heat to medium. Simmer for 8 to 10 minutes, or until slightly thickened and the flavors have combined. Season with salt and pepper to taste.



## *Plate your dish:*

Divide the chili between 2 bowls and top with the **scallions, remaining cilantro, and remaining cheddar cheese**. Serve with the cornbread and enjoy!