

White Chili

with Meyer Lemon, Rainbow Chard & Tricolor Quinoa

When we think of chili, we usually think of red. In this recipe, we're bidding goodbye to tomatoes (which aren't in season) and serving up a hearty, "white" chili with bursts of color from bright sweet potatoes and rainbow Swiss chard. (In the cold-weather months, these two delicious vegetables are at their best.) Spiced with warming herbs and filled out with hearty cannellini beans that hold their shape when simmered, this dish may become your new fall favorite.



Ingredients

- 1 15-Ounce Can Cannellini Beans
- 1 Bunch Rainbow Swiss Chard
- ½ Cup Plain Greek Yogurt
- 2 Cloves Garlic
- 1 Meyer Lemon
- 1 Poblano Pepper
- 1 Sweet Potato
- 1 Yellow Onion
- 1 Bunch Cilantro

Knick Knacks

- 3 Tablespoons Vegetable Demi-Glace
- ¼ Cup Tricolor Quinoa
- 1 Tablespoon White Chili Spice Blend
(Ground Cumin, Ground Coriander & Smoked Paprika)

Makes 2 Servings

About 685 Calories Per Serving

Cooking Time: 25 to 35 minutes

1



Prepare the ingredients:

Wash and dry the fresh produce. Drain and rinse the cannellini beans. Peel and mince the garlic. Pick the cilantro leaves off the stems; discard the stems. Using a peeler, remove the yellow rind of the lemon, avoiding the white pith; mince the rind to get 2 teaspoons of zest. Quarter the lemon and remove the seeds. Small dice the poblano pepper. Peel and small dice the sweet potato and onion. Separate the chard leaves from the stems. Roughly chop the stems on an angle; chop the leaves into bite-sized pieces.

2



Start the chili:

In a large pot, heat 2 teaspoons of olive oil on medium-high until hot. Add the **garlic** and **onion**; cook 2 to 3 minutes, or until softened and fragrant. Add the **diced sweet potato, chard stems** and **all but a pinch of the poblano**. Cook 4 to 5 minutes, or until softened. Lightly season with salt and pepper.

3



Add the spices & quinoa:

Add the **spice blend** and **quinoa** to the pot of vegetables; cook, stirring frequently, 1 to 2 minutes, or until toasted and fragrant.

4



Finish the chili:

Add the **cannellini beans, vegetable demi-glace** and **2 cups of water** to the pot; season with salt and pepper. Bring to a boil and reduce the heat to medium-low. Simmer 8 to 10 minutes, or until slightly thickened and the quinoa is tender. Stir in the **chard leaves**; cook 2 to 3 minutes, or until wilted. Season with salt and pepper to taste. Stir in the **juice of 2 lemon wedges** and remove from heat.

5



Make the lemon yogurt:

While the chili cooks, in a small bowl, combine the **Greek yogurt, as much of the lemon zest as you'd like** (you may have extra), **the juice of the remaining lemon wedges** and **1 tablespoon of water**; season with salt and pepper to taste.

6



Plate your dish:

To plate your dish, divide the **chili** between 2 bowls. Top each with a dollop of **lemon yogurt**. Garnish with the **cilantro** and **remaining poblano**. Enjoy!