

# White Bean & Escarole Chili

*with Sharp Cheddar*

Teff, which has roots in the Ethiopian word for “lost,” is a very fine whole grain named for its small size. Though it can be easily lost in a dish, this ancient grain dating back to 4000 BC is very high in calcium and provides all of the essential amino acids. To match teff’s Ethiopian heritage, we added coriander, a spice related to cilantro.



## Ingredients

- 4 Cloves Garlic
- 2 Ounces Sharp White Cheddar Cheese
- 1 Bunch Cilantro
- 1 Head Escarole
- 1 Lime
- 1 Jalapeño
- 1 Poblano Pepper
- 1 Red Onion
- ¼ Cup Teff
- ½ Teaspoon Ground Coriander
- ½ Teaspoon Ground Cumin
- 15-Ounce Can Cannellini Beans
- 14½-Ounce Can Diced Tomatoes
- 1 Cup Vegetable Broth

Makes 2 Servings

About 575 Calories Per Serving

# Instructions



## 1 Prepare your ingredients:

Wash and dry the fresh produce. Peel and mince the garlic. Roughly chop cilantro. Roughly chop the escarole into bite-sized pieces. Peel and small dice the onion. Remove the ribs and seeds from the poblano pepper, then small dice it. Thinly slice half the jalapeño into rings, removing the seeds. Remove the seeds from the rest of the jalapeño and small dice. (Wash your hands thoroughly after handling the jalapeño.) Grate the cheddar cheese.



## 2 Cook the vegetables:

In a medium pot, heat a little olive oil on medium until hot. Add the **onion, garlic, poblano pepper, and diced jalapeño**; cook 4 to 6 minutes, or until the onion and peppers are softened, stirring occasionally; season with salt and pepper.



## 3 Toast the teff & spices:

Stir in the **teff** for 1 to 2 minutes to toast it. Add the **coriander and cumin** and cook 30 seconds to 1 minute, or until fragrant, to toast the spices.



## 4 Add the beans, tomatoes & broth:

Drain and rinse the **cannellini beans**, then add them to the pot along with the **canned tomatoes and vegetable broth**. Simmer 3 to 4 minutes, stirring occasionally until everything is well combined. Season with salt and pepper.



## 5 Add the escarole:

Stir in the **chopped escarole and half the cilantro**. Reduce the heat to low and simmer 5 to 6 minutes longer, or until the mixture starts to thicken, stirring occasionally. Remove from the heat and add the **juice of half the lime**. Season with salt and pepper to taste.



## 6 Plate your dish:

Divide the chili between 2 bowls. Garnish with the **cheddar cheese, remaining lime wedges, and remaining cilantro**. If you like spicy food, garnish with the **jalapeños rings**, too. Enjoy!