Bean Chili with Cornmeal Dumplings
Serves 8

Ingredients:
1 pound dry pinto beans (about 2 cups), *soaked
4 cups water
1 medium onion, diced
1 medium red bell pepper, diced
2 stalks celery, diced
1 ½ cups corn – fresh and shucked (2 ears), frozen or canned
1 tablespoon minced garlic
2 tablespoons chili powder
2 teaspoons cumin
1 teaspoon salt
1 (15-ounce) can no-salt-added diced tomato
2 tablespoons lime juice

Dumplings
½ cup all-purpose flour
½ cup cornmeal, preferably whole grain
½ teaspoon baking powder
¼ teaspoon salt
1 tablespoon canola oil
½ cup 1% or skim milk
1 egg

Garnish
¼ cup chopped fresh cilantro

Directions:
1. *To soak beans:* Place beans in a large pot. Add enough water to cover beans plus 2 inches. Refrigerate overnight or up to 8 hours. Discard soaking water when done. For a quick soak, bring the beans and water to a boil. Turn off heat and let stand 1 hour. Discard soaking water.
2. Add 4 cups water, onion, bell pepper, celery, corn, garlic, chili powder, and cumin to the pot of soaked beans. Bring to a boil then reduce heat, cover, and simmer for 1 – 1 ½ hour until the beans are soft.
3. Add salt, tomatoes and lime juice last (these ingredients will prevent the beans cooking properly; add these at the end of cooking when the beans are tender).
4. To prepare dumplings: Just before the chili is done cooking, whisk flour, cornmeal, baking powder, and salt in a medium bowl. Add oil, milk, and egg. Mixt until just combined.
5. Gently drop dumplings on top of the chili using generous tablespoons to make 8 dumplings.
6. Cover and simmer 15 minutes until dumplings are cooked through.
7. Serve with fresh cilantro.

Recipe using canned beans: Drain and rinse 4 (15-ounce) cans beans. Follow recipe above but use 2 cups of water and simmer for 30 minutes.

Nutritional Information per 1 ½ cup chili and 1 dumpling:
Calories: 317  Carbohydrates: 56 g  Total Fat: 5g  Cholesterol: 8mg
Saturated Fat: 1g  Dietary Fiber: 15g  Protein: 15g  Sodium: 480mg