

**Boston Medical Center  
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263  
Food Demonstration Kitchen: (617) 414-3840 or [www.bmc.org](http://www.bmc.org)



**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. Mix 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