

## **Chili**

Serves 4-6

Beans – 2 cans (about 3 cups) of beans (aduki, pinto, kidney or anasazi beans), drained and rinsed

Or, soak 1 ½ cups of dried beans overnight, simmer in 3-4 cups of fresh water until done

1 onion, diced

Water or oil (safflower)

½ cup crumbled tempeh

1-2 cloves garlic, pressed

1 large can of diced tomatoes

1-2 T tomato paste

1 small can chilies

2 T chili spice mix (or a mix of chili pepper, cumin, coriander, cloves, allspice and oregano)

1 t dried chili pepper (optional)

½ - 1 c water

1 t sea salt or tamari to taste

Sauté the onion, garlic and tempeh in oil or water until onions are soft. Add tomatoes, paste, chilies, and spices. Mix thoroughly and then add beans. Add water. Cover pot and simmer at least 20 minutes – the longer the better! Stir occasionally. Add additional water if chili is too thick. Add salt/tamari and more spices to taste.

## **Cornbread with Flax**

4-6 servings

2 T ground flax meal

6 T hot or boiling water

1 cup whole wheat pastry flour

1 cup cornmeal

4 teaspoons baking powder

¾ teaspoon sea salt

1 cup rice milk

1 T vinegar

¼ cup oil (olive, safflower)

¼ cup corn kernels

¼ cup red bell pepper, chopped

Preheat oven to 400°F. Lightly oil an 8-inch-square baking pan. Add hot/boiling water to flax meal, stir and set aside. Add vinegar to rice milk, stir and set aside. In a medium bowl, combine the dry ingredients. Using a whisk or fork, whisk the flax seed mixture until thick. Mix into rice milk and oil. Add to the flour mixture. Add corn and bell pepper. Fold until batter is mixed; do not over-mix. Turn batter into prepared baking pan. Bake for 20 to 25 minutes or until top is slightly brown and a toothpick inserted in the middle comes out clean. Cool and serve.

*For more information see: [www.e2se.org](http://www.e2se.org)*