Black Bean Pumpkin Chili

Four thick chili bowls with one large tortilla each · Active 20 min · Total 45 min

Skills: Reading canned product states and maintaining a thick gentle simmer

Ingredients

- 1 tablespoon neutral oil (15 ml)
- 1 medium onion, finely chopped (150 g)
- 2 teaspoons mild chili powder (4 g)
- 1 can chopped tomatoes, 14–14 1/2 oz/400–411 g, including juice
- 1 can plain unsweetened pumpkin puree, 15 oz/425 g
- 2 cans cooked black beans, 15 oz/425 g net each, drained and rinsed (480 g total drained)
- 1 cup water (240 ml), plus up to 1/4 cup/60 ml only if needed
- 1/4 teaspoon fine salt (1.5 g)
- 1/4 teaspoon black pepper (0.5 g)
- 4 large plain flour tortillas, about 8 inches/20 cm across (200 g total)

Set out

Heavy saucepan, at least 3 qt/3 L, Spoon or spatula, Strainer, Dry skillet for tortillas, Can opener if needed

Allergens

wheat. Check labels and substitutions.

Make it

1. Heat oil in the saucepan over medium heat. Cook onion for 7–8 minutes until soft. Stir in chili powder for 20 seconds.

2. Add tomatoes with juice, pumpkin, drained black beans, 240 ml water, salt and pepper. Stir thoroughly and bring to a gentle simmer.

3. Cook partly covered for 18–22 minutes, stirring across the bottom every few minutes, until thick, even and hot throughout. If the mixture catches before heating, lower the heat and add extra water 1 tablespoon/15 ml at a time, up to 60 ml.

4. Warm tortillas one at a time in the dry skillet for 20–30 seconds per side until flexible. Fold and keep briefly in a clean cloth. Divide all the chili among 4 bowls with one tortilla each.

Save the spare puree while it is safe

If measuring from a larger can, label and refrigerate the remainder promptly, then use it within its package's opened-food limit or freeze it in a clearly marked portion.

Ingredient labels

Ordinary flour tortillas supply wheat and can contain milk or soy. Chili powder may contain mustard or other blend ingredients; read the actual labels. Plain pumpkin is not a substitute for dessert pie filling.

A useful detail

The pumpkin is already cooked puree. The simmer develops the onion-spice base and heats the beans evenly; it is not a method for raw dry black beans.

Keep it well

Refrigerate shallow portions within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below for up to 3 days. Reheat only the portion wanted to 165°F/74°C, stirring and adding a little water to loosen. Freeze promptly cooled chili for up to 2 months; thaw in the refrigerator. Keep tortillas separately according to their label.