

Chipotle, Corn, and Black Bean Stew

2 Tbsp olive oil
1 large onion, quartered and thinly sliced
3 cloves garlic
2 tsp cumin
½ tsp salt
A few dashes fresh black pepper
2 chipotle peppers (canned), drained and chopped
1 28 oz can crushed tomatoes
3 cups water
4 russet potatoes cut into ¾ inch dice
2 carrots, peeled, cut into ¾ inch dice
1 cup corn
1 16 oz can black beans, drained and rinsed
1 cup fresh cilantro, lightly packed, torn into pieces
Zest of 1 lime
Juice of 1 lime

In a stockpot, sauté the onions in the oil over moderate heat for 5 minutes. Add the garlic, cumin, salt, black pepper. Sauté 1 minute more. Add the chipotles, tomatoes, and water. Stir. Add the potatoes and carrots. Cover, bring to a boil, and simmer for 20 minutes.

Uncover, and add the corn and beans. Thin with more water if needed. Cook uncovered for 5 more minutes. Add the cilantro, zest, and juice. Let sit for at least 10 minutes. Serve.