



Gluten Free- Buckwheat Chili

In this recipe, cooked hulled buckwheat groats are used instead of meat or rice. For a change of taste, cooked kasha (roasted buckwheat groats) may be used.

Makes 6-8 servings.

Ingredients:

- 1 can (28-30 oz.) diced or stewed tomatoes
- 1 can (6 oz.) tomato paste
- 3 cups hot water
- 2 cups dark red kidney beans, cooked
- 1 cup finely diced onions
- 1 cup finely diced green peppers
- 1 ½ Tbsp. minced garlic (add more to taste)
- 1 Tbsp. granulated sugar
- 1 ½ tsp. of fresh ground chili powder (use more or less to taste)
- 1/2 tsp. oregano
- 1/2 tsp. thyme
- 1/2 tsp. garlic powder
- 1/2 tsp. salt
- 2 to 6 cups warm cooked buckwheat groats

Preparation:

Prepare Chili in 3 quart pot or larger.

Dice peppers and onions, mince the garlic, and set them aside. Add 1/2 cup of water to the pot and heat to boiling on medium high. Stir in onions, pepper, and minced garlic. Sauté until tender, about eight to ten minutes. Add sugar, spices and mix them in well. Stir in the tomatoes, tomato paste, and 2 1/2 cups hot water. Mix thoroughly and add beans. Bring to a boil stirring constantly.

Just as the chili comes to a boil, turn temperature to low. Cover, and simmer for two hours, stirring often. Serve chili in a bowl over warm cooked buckwheat groats.

