
Buckwheat Chili

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 sugars
- 1 ½ tsp fresh ground chili powder (use more or less, to taste)
- ½ tsp oregano
- ½ tsp thyme
- ½ tsp garlic powder
- ½ tsp salt
- 2 – 6 cups warm cooked buckwheat groats

Method

Prepare Chili in 3-quart pot or larger.

Dice peppers and onions, mince the garlic and set them aside. Add ½ cup of water to the pot and heat to boiling on medium high. Stir in onions, pepper, and minced garlic. Sauté until tender, about 8 - 10 minutes. Add sugar, spices and mix them in well. Stir in the tomatoes, tomato paste and 2 ½ 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 2 hours, stirring often. Serve chili in a bowl over warm cooked buckwheat groats.

Notes

In this recipe, cooked 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.

