



Pisto de Pinar (Spanish Vegetable Chili)

Made with:

Castillo de Pinar Tomato
Sofrito Casero, and Froggit
Black Burgundy Bliss
Balsamic Reduction

Serves 6 to 8

Equipment needed:

6 Quart pot with lid
Three baking dishes

Ingredients:

2 - 12oz jars Castillo de Pinar Tomato
Sofrito Casero
1 - 6oz can tomato paste
2 TBS Froggit Black Burgundy Bliss
Balsamic Reduction
2 TBS Soy Sauce
2 TBS dry red wine
1 onion, diced
1 bell pepper, diced
1 whole carrot, diced
2 stalks celery with tops, sliced thin
6 cloves of garlic, minced
8oz Baby Bella mushrooms, diced
1 small Eggplant, peeled, diced, salted
1 can Black beans, drained and rinsed
1 can Garbanzo beans, drained and
rinsed
1 TBS Sea Salt
1 TBS dried Oregano
1 TBS Smoked Paprika
1 TBS Cumin
4oz ground Chili Pepper
1 tsp All Spice
6 cups of filtered water
Castillo de Pinar Organic Extra Virgin
Olive oil

Directions:

Pre-heat the oven to 400 degrees.

Lightly rub three baking pans with
Castillo de Pinar Organic Extra
Virgin Olive oil.

Spread the Castillo de Pinar
Tomato Sofrito Casero in the first
baking pan, and the tomato paste
in the second, distributing each
one evenly and thinly.

In the third baking pan evenly
distribute the diced eggplant and
mushrooms, and lightly coat with
olive oil.

Roast in the oven for 20 minutes
at 400 degrees.

Transfer the roasted Tomato
Sofrito Casero, tomato paste,
eggplant and mushrooms to a 6
Quart pot.

Add all remaining ingredients, stir
to combine, bring to a low simmer,
cover and cook on medium low
heat for 4 hrs.

Top each serving with fresh
Avocado, chopped Cilantro and
diced scallions for garnish.