



## FOUR WALL FARM GOURMET MUSHROOMS

### 20 MINUTE MUSHROOM CHILI

My grandfather was a cowboy. No—really! He liked VERY simple foods—most of them made of meat that he either killed or hunted himself. He would probably consider this chili a horrible thing, because it doesn't have any meat—but it keeps to the simple. I love the flavor and heartiness of this chili that is made in a short time. We are not vegetarian, but our household sits down to a delicious meal of mushroom chili by choice. Use your favorite garnishes—seasonal herbs, cheese, etc.—and enjoy this on a cooler day—KC

#### INGREDIENTS:

8oz Black Pearl King Trumpet mushrooms (3 cups chopped small)  
Additional oyster mushrooms, minced (about 1 cup) *Optional*  
4 tbsp olive oil  
1 white onion, minced (about 2 cups)  
1/2 tbsp soy sauce  
1 1/2 tbsp chili powder  
1 tsp cumin  
1 tsp agave syrup or 1 1/2 tsp brown sugar  
2 tbsp tomato paste  
1 can (28oz) tomato puree  
1 can (16oz) dark red kidney beans (drained, not rinsed)  
1/2– 1 1/2 tbsp chipotle pepper adobo sauce\*  
1 cup beer (Preferably an amber—I use Fosters Bitters)  
1 to 1 1/2 tsp salt (adjust to taste)



\*You can find La Morena or another brand of chipotle pepper in adobo sauce in the Spanish section of your supermarket. The recipe calls for the sauce only, but you can add some pepper if you like. Store the rest in the fridge or freezer, it keeps for a good while. Add bit by bit—it can be hot

#### INSTRUCTIONS:

Heat the oil in a cooking pot over high heat. Add the mushrooms and stir. Allow the mushrooms to emit their juice and start to brown—5 minutes. Add soy sauce and stir till it disappears (maybe 30 seconds), then add the minced onions and reduce to medium/medium high heat. Cook till onions are translucent—3 minutes. Add chili pepper and cumin and stir as it becomes more aromatic—2 minutes. Add tomato paste and stir to incorporate, then add the puree. To add the beer, pour it into the can with the remainder of the puree and stir, then pour it into the chili and mix. Toss in the drained kidney beans. Add additional salt to taste, the sweetener, then the chipotle adobo sauce. Increasing the amount, or incorporating some of the actual peppers in sauce will increase the heat. Be careful not to overpower. Mix thoroughly, and allow to simmer on low for about 10 minutes, very loosely covered. When it starts to bubble and spout thickly, turn it off. Be careful not to let the chili boil onto you—it hurts. This chili will feed 4 comfortably. Add additional flavors in season in June, garnish with some minced garlic scapes, in July, some nice fresh cilantro macho. Enjoy—KC



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