

Vegetable Chocolate Chili Mole

3 Tbsp sesame oil

1 onion diced

6 cloves garlic, diced

2 bay leaves

1 tsp each thyme, ground cumin and basil

1/2 tsp each cinnamon and chili flakes (or more if you like hot)

1/8 tsp ground allspice

2 Tbsp chili powder (or to taste)

Several dashes of fresh ground black pepper

1 Tbsp coarse sea salt

1/2 cup vegan dark organic chocolate chips or chunks

1.5 cups each carrots and celery chopped

1 each green, red and yellow peppers –seeded and chopped

6 cups of cooked beans (use your favorites and mix them up: chickpeas, black beans, and pintos are what I used)

1 28oz can of diced tomatoes (or 4 cups of fresh chopped tomatoes)

1 cup corn kernels (fresh or frozen)

Heat oil in a large pot, add onions, garlic and sea salt. Cook until onions are translucent. Stir in the chocolate until it is melted. Add all vegetables (carrots, celery, peppers) and beans and saute for 5-10 minutes. Stir in the tomatoes and corn, reduce heat to simmer. Cover and simmer for about 30 minutes.

Serve with a spelt pita or over brown rice. Serves 6-8 unless you double it like we did and eat it for a whole week!