

Zesty Wheat Berry Black Bean Chili

I developed this recipe for *EatingWell* magazine, and it ran in their March/April 2007 issue. (It's still online [here](#).) Remember to have your [wheat berries cooked and ready to go](#) before you begin. If using frozen, cooked wheat berries, just toss them directly in the chili and heat through (no need to defrost).

Makes 6 servings

2 tablespoons extra-virgin olive oil
1 large yellow onion, chopped
1 large yellow bell pepper, chopped
5 cloves garlic, minced
2 teaspoons chili powder
1 ½ teaspoons ground cumin
1 teaspoon dried oregano
½ teaspoon salt
½ teaspoon freshly ground pepper
2 15-ounce cans black beans, rinsed
2 14-ounce cans no-salt-added diced tomatoes, undrained
1-2 canned chipotle peppers in adobo sauce, minced
2 cups vegetable broth
2 teaspoons light brown sugar
2 cups [cooked wheat berries](#)
Juice of 1 lime
1 avocado, diced
½ cup chopped fresh cilantro

Heat oil in a Dutch oven over medium-high heat. Add onion, bell pepper, garlic, chili powder, cumin, oregano, salt and pepper, and cook, stirring occasionally, until tender, about 5 minutes. Add beans, tomatoes, chipotle to taste, broth and brown sugar. Bring to a boil over high heat, reduce heat, cover, and simmer for 25 minutes.

Stir in cooked wheat berries and heat through, about 5 minutes more. (If using frozen wheat berries, cook until thoroughly heated.) Remove from the heat. Stir in lime juice. Garnish each bowl with avocado and cilantro.