

## David's Four Bean Carrot Chili

- 1/4 Pound each of dried white, black, kidney and pinto beans (or 1 pound of any one bean)
- 1 Pound of ground turkey, chicken, pork or beef (optional)
- 1 Chicken drum stick (optional for flavoring, if not using meat)
- 1 Bag of frozen crinkle cut carrots (fresh, if preferred)
- 1 Bag of frozen chopped kale (fresh, if preferred)
- 1 Bag of frozen chopped onions (fresh, if preferred)
- 1 Cans of diced tomatoes (with not salt added)
- 1 Cans of tomato sauce (with no salt added)
- 1 Cans of diced green chili peppers (or other peppers to taste)
- 1 8 ounce can of corn
- 1 Bottle of chili sauce
- 2 Tablespoons of chili powder (or to taste)
- 1 Tablespoon of cumin seeds
- 2 Teaspoon cumin seed powder
- 1 Tablespoon of salt or to taste (I use No Salt)
- 1/2 Teaspoon of black pepper ( or to taste)  
(substitute red pepper, if you want hotter chili)
- 1 Teaspoon of Oregano
- 2 Teaspoons of mustard powder
- 2 Teaspoon of grated ginger (or 1 teaspoon of ginger powder)
- 1 Tablespoon of diced garlic (or to taste)
- 2 Tablespoons of fresh chopped cilantro (or 1 tablespoon of cilantro paste)

Soak the beans in filtered water with 1-2 tablespoons of lemon or lime juice added to the water for 12 to 24 hours. Drain and rinse the beans. Put beans in a large pot and add enough water to cover the beans by a couple of inches. Bring bring the beans to a boil and reduce the heat to low. Skim off scum and floating beans and skins. Next, add seasonings and the chicken drum stick, if using it. Reduce heat to simmer and cover pot with lid ajar and let simmer for at least an hour. Stir occasionally and add water or chicken stock as needed. Next, add all the other ingredients, including cooked ground meat if using it. Increase the heat and wait for the beans to begin bubbling. When the beans begin to bubble, reduce the heat and continue simmering with the lid on but ajar for another hour.

Serve with baked cornbread or over fried cornbread. Garnish with grated cheese or your choice.