

THREE BEAN BUNNY CHOW

Yield: 6 servings

Ingredients	Amounts
Vegetable oil	½ cup
<i>Whole Spices</i>	
Cinnamon stick	2 each
Cardamom pods	8 each
Star anise	2 each
Fennel seeds	2 tsp
Cumin seeds	2 tsp
Bay leaf	1 each
<i>Ground Spices</i>	
Garam masala	2 Tbsp
Ground coriander	2 tsp
Cayenne pepper	½ tsp
Turmeric	2 Tbsp
Ground ginger	1 Tbsp
Flour	2 Tbsp
Onion, small dice	1 cup
Garlic, minced	¼ cup
Ginger, peeled and grated	2 Tbsp
Roma tomatoes, medium diced	2 cup
Kosher salt	2 Tbsp
Vegetable broth or water	4 cup
Lime zest	1 Tbsp
Yukon gold potato, peeled, medium dice	3 cup
Black beans, cooked	2 cup
Dark red kidney beans, cooked	2 cup
Great northern beans, cooked	2 cup
Lime juice	2 oz
Pullman loaf, unsliced	1 each
Cilantro, chopped	½ cup

Method

1. Heat a large skillet on medium heat and add the vegetable oil, whole spices, and bay leaf. Gently toast the spices, then drain through cheesecloth, reserving the spices and the fragrant oil.

2. Return the oil to the pot and wrap the spices in the cheesecloth and twine to make a sachet. Reserve.
3. Heat the oil once again and add the ground spices and the flour. Heat on medium high, stirring until they just begin to stick to the bottom of the pan.
4. Add the onion, garlic, and grated ginger and cook until translucent, about 2 minutes, stirring often.
5. Add the tomatoes, season with salt, and cook until they start to break down, about 5 minutes.
6. Add the broth or water, lime zest, potatoes, and the spice sachet. Cook for 10-15 minutes until the potatoes are just tender and the liquid is slightly reduced.
7. Add the beans and lime juice. Cook until thickened and heated through, about 5 minutes.
8. *To serve:* Cut the pullman loaf into 6 sections and scoop out some of the inside, leaving about a 1 -inch layer of bread for the bottom.
9. Heat the bread and the insides in a 350-degree oven, until just starting to get brown and crusty, about 5 minutes. Remove the spice sachet.
10. Ladle the Bunny Chow into each bread "bowl" and garnish with cilantro. Serve the bread insides on the side for dipping.