

- Prep Time: 20 minutes
- Cook Time: 45 minutes
- Total Time: 65 minutes
- Servings: 6 generous bowls
- Cooking Intensity: Medium (Requires active chopping, spice blooming, and steady simmer control)
- Flavor Profile: Earthy, smoky, mildly spicy, with a rich dark chocolate-espresso undertone

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Ingredients

The Cosmic Bean Base:

- 3 cans (15 oz each) black beans, rinsed and drained
- 2 tbsp extra virgin olive oil
- 1 large red onion, finely diced
- 1 red bell pepper, finely diced
- 1 poblano pepper, seeded and finely diced
- 4 cloves garlic, minced
- 1 tbsp fresh ginger, grated

Spice & Flavor Engine:

- 2 tbsp chili powder

- 1 tbsp ground cumin
- 1 tbsp smoked paprika
- 1 tsp chipotle powder (adjust for heat)
- 1 tbsp unsweetened Dutch-processed dark cocoa powder
- 1 tsp instant espresso powder
- 1 tsp dried oregano
- 1 tsp sea salt (plus more to taste)
- 1/2 tsp freshly cracked black pepper

Liquid & Simmer:

- 1 can (14.5 oz) fire-roasted diced tomatoes with juices
- 2 tbsp tomato paste
- 2 cups vegetable broth (low sodium)

- 1 tbsp pure maple syrup or brown sugar
- 1 tbsp apple cider vinegar (added at the end)

Optional Cosmic Garnishes:

- Sour cream or coconut cream “galaxy swirls”
- Fresh cilantro, chopped
- Pickled jalapeños
- Avocado slices
- Blue corn tortilla chips

Step-by-Step Cooking Instructions

1. Prep the Aromatics

Set a large, heavy-bottomed Dutch oven or stockpot over medium heat. Add 2 tablespoons of extra virgin olive oil. Once shimmering, add the diced red onion, red bell pepper, and poblano pepper. Sauté for 6 to 8 minutes until soft and translucent, stirring occasionally to prevent scorching.

2. Bloom the Spices & Garlic

Add the minced garlic, grated ginger, tomato paste, chili powder, cumin, smoked paprika, chipotle powder, dark cocoa powder, and espresso powder. Stir continuously for 90 seconds (Intensity: High Focus). Blooming the spices in warm oil unlocks their fat-soluble flavor compounds and deepens the dark color of the base.

3. Build the Gravy & Add Beans

Pour in the fire-roasted diced tomatoes with their juices to deglaze the bottom of the pot, scraping up any browned bits. Add the rinsed black beans, vegetable broth, dried oregano, salt, black pepper, and maple syrup. Stir thoroughly to combine.

4. The Galactic Simmer

Bring the mixture to a boil (Intensity: High Heat). As soon as continuous bubbles break the surface, drop the heat to low (Intensity: Low Gentle Simmer), cover with a lid slightly ajar, and allow to simmer for 30 to 35 minutes. Stir every 10 minutes to prevent the bottom from catching. The beans will soften and absorb the dark, complex spices while the liquid thickens into a rich gravy.

5. Texture Polish & Acid Finish

Remove the pot from the heat. Take 1 cup of the bean mixture and mash it with a fork or pulse it in a blender, then stir it back into the pot. This creates an ultra-velvety texture without needing flour or cornstarch. Finally, stir in 1 tablespoon of apple cider vinegar to brighten the deep flavors. Taste and adjust salt if needed.

6. Serve & Decorate

Ladle into wide bowls. Pipe or drizzle sour cream or coconut cream in concentric circles on top, then drag a toothpick through to create a galaxy swirl effect. Top with cilantro, avocado, and blue corn chips.

Nutritional Information

(Estimated values per serving, based on 6 total servings without extra toppings)

Nutrient	Amount Per Serving	% Daily Value*
Calories	310 kcal	—
Total Fat	6.5 g	8%
Saturated Fat	1.0 g	5%
Sodium	680 mg	30%
Total Carbohydrates	52 g	19%
Dietary Fiber	14 g	50%
Total Sugars	7 g	—
Protein	13 g	26%
Potassium	720 mg	15%
Iron	4.8 mg	27%