

Super Bowl Chili

Prep Time: 10 Minutes

Cooking Time: 135 Minutes

Ready in Approx: 2 hrs 25 Minutes

Makes 8 servings.



2 cups	dried pinto or black beans, sorted, rinsed and soaked (see below)	500 ml
	Nonstick cooking spray	
2	large onions, chopped	2
4	garlic cloves, minced	4
1 lb	extra-lean ground beef	0.45 kg
1 14-1/2 oz	can diced tomatoes	398 g
3 tbsp	New Mexico red chile powder	45 ml
1 tsp	ground cumin	5 ml
1/2 tsp	dried oregano	2.5 ml
1 tbsp	kosher salt	15 ml
1/2 tsp	ground black pepper	2.5 ml

2 tsp	red-wine vinegar	10 ml
1/2 cup	fat-free sour cream	120 ml
1/2 cup	shredded low-fat cheddar cheese	120 ml
6	green onions, thinly sliced	6
1/2 cup	coarsely chopped fresh cilantro	120 ml
	Tabasco sauce to taste	

Directions

- 1 Place the beans in a large saucepan and add enough cold water to cover by 2". Bring to a boil and simmer, partially covered.
- 2 Meanwhile, spray a large heavy skillet with nonstick cooking spray. Add the onions and cook over medium heat, stirring occasionally, until softened, about 8 minutes. Increase the heat to high and add the garlic and beef. Cook, stirring, until the meat loses its pink colour, about 3 minutes. Stir in the tomatoes, chile powder, cumin, oregano, salt and pepper and bring to a simmer. Add to the beans in the pot. Partially cover and simmer until the beans are tender, about 1 hour. Uncover and simmer until the chili has thickened slightly and is flavourful, 15 to 20 minutes longer. Stir in the vinegar.
- 3 Spoon the chili into bowls and top each serving with 1 tablespoon sour cream and

1 tablespoon cheddar. Serve the scallions and cilantro in small bowls and pass the Tabasco sauce separately. Each serving is 1 slightly rounded cup of chili.

Tip:

We love the taste of pure New Mexico ground chile powder in this chili, but you may also use the type of chile powder you find in supermarkets. Since that chile powder already contains cumin and oregano, do not add them to the chili. If you're short on time, use 3 cans of drained and rinsed pinto beans instead of the dried beans and only 4 cups of water for simmering the beans. Follow the recipe as directed and simmer the chili for 1 hour.

K-Count: 4

Calories: 321

Carbs: 39.9g

Proteins: 25.1g

Fats: 7g

Recipe courtesy of Kinetix