



Chocolate Chili



Ingredients:

- 1 small onion, diced
- ½ tbsp oil
- 3 cloves garlic, minced
- 1 cup chickpeas
- 1 small red bell pepper
- 1 ½ cups unsalted diced tomatoes
- ½ jalapeno pepper, seeded and diced
- 2 cups kidney beans (red or white)
- 1 ½ cups no salt vegetable stock
- 1 cup tomato sauce
- 2 tbsp chili powder
- ½ tbsp paprika
- ½ tsp cayenne pepper
- 1 oz. 100% cocoa Baker's chocolate, chopped
- Salt & pepper, to taste
- Optional toppings: non-fat sour cream, shredded cheese, diced avocado, chocolate shavings, diced green onion, minced cilantro, fresh diced tomatoes



Prep time: 10 mins
Cook time: 50 mins
Total time: 1 hr
Makes 4 servings



Steps:

1. Peel and cut onion, garlic, red bell pepper, jalapeno pepper, and chocolate. Set aside.
2. Rinse chickpeas and kidney beans well. Set aside.
3. In a large deep pot, add ½ tsp of oil and heat to medium-low, adding onion and sauté for 5 minutes. Add minced garlic and cook, stirring often for another 2 minutes.
4. Add spices (chili powder, paprika, and cayenne pepper) and mix well.
5. Add diced jalapeno, red bell pepper, canned tomatoes, vegetable stock and tomato sauce. Stir to combine and simmer over medium-low heat for 30 minutes, stirring occasionally.
6. Finally, add the rinsed chickpeas and kidney beans and the chopped chocolate. Season with salt and pepper to taste. Simmer for another 10 minutes, then turn off heat and let rest on stove for 5 minutes before serving. Top with your own selection of toppings, and enjoy!

Adapted from <http://www.thechunkychef.com/heart-healthy-turkey-chili/>

Want to add some fries with your chili?
Check out the next page for Sweet Potato
Fries you can make while your chili cooks!





Sweet Potato Fries



Ingredients:

- 3-4 sweet potatoes, peeled and cut into fries
- 1-2 tbsp oil
- 1 tsp seasoning of choice (ground cumin, garlic powder, paprika, etc.)
- Salt & pepper, to taste

Prep time: 10 mins
Cook time: 30 mins
Total time: 40 mins
Makes 4 servings

Steps:

1. Preheat oven to 425°F.
2. Peel sweet potatoes and cut into fries.
3. In a large bowl, combine sweet potatoes, oil and seasonings of choice, then toss together until fries are well coated.
4. Line a baking sheet with foil and spread the fries on the sheet in a single layer. Bake in oven for 15 minutes.
5. Flip fries over and bake for 15 more minutes, until browned and tender.

Adapted from Dietitians of Canada COOK! 2011 and Yummly.com

