

Mole Chili

SIMPLE RECIPE

Ingredients

- 2 Tbsp Olive Oil
- 1 large onion chopped
- 1 red bell pepper chopped
- 5 cloves garlic minced
- 4 Tbsp chili powder
- 2 tsp ground coriander
- 1 Tbsp ground cumin
- 1 tsp dried oregano
- ½ tsp cayenne pepper
- 1 15 oz can red kidney beans
- 1 15 oz can black beans
- 1 28 oz can diced tomatoes
- 1 28 oz can tomato puree
- 2 Tbsp tomato paste
- 1 tsp salt
- 4 ounces, weight 85% Dark Chocolate
- ¼ cups Water Or Beef Stock (optional)
- 1 lb browned ground beef (optional)



Directions

1. Heat oil in a large pot on medium/low.
2. Add onions, bell pepper, garlic, and all of the spices and occasionally stir until the vegetables soften -approximately 5 minutes.
3. Add beans (drained and rinsed), tomatoes, tomato puree, paste, and salt. Bring to a boil, then reduce to low, cover and simmer for 30 mins.
4. Remove cover and add 3-4 ounces of dark chocolate, stir and continue to simmer for another 10 minutes, uncovered, stirring occasionally. Optional: You can add 1/4 cup of water or beef stock if the chili begins to stick to the bottom of the pan. browned ground beef. Adjust seasoning.
5. Serve with your favorite toppings. You could add a squeeze of lime, shredded cheese, plain greek yogurt and chives.