

Calvert Chili (Serves 8)- A lot of ingredients, but easy to make and just one pot to clean. The only work is cutting an onion and some garlic and measuring spices.

2 tbsp canola oil

1 lb lean ground beef (can use ground turkey)

1 onion, minced

4-6 cloves of garlic, minced or crushed

1 can low-sodium beef or chicken stock

½ cup red wine (not necessary)

2 tbsp balsamic vinegar (if not using wine, increase vinegar to 1/3 cup)

28 oz can stewed tomatoes

1-3 tbsp chili powder

1 tsp black pepper

½ tsp dried oregano

1 bay leaf 2 tsp ground cumin

6 sun-dried tomatoes, minced

2-3 tbsp tomato paste

2 cans of beans, rinsed (pinto, black, navy, cannellini, etc.)

½ oz unsweetened or bittersweet chocolate

Garnishes:

Low-fat or Non-fat Sour Cream

Shredded low-fat cheese

Raw onion- minced

Directions: In a large pot, heat oil. Lightly brown the meat. Add onions and after 3 minutes, the garlic and stir. One minute later, add the stock, wine, vinegar, and tomatoes. Add all of the spices, the sun-dried tomatoes, and tomato paste. Then add the beans. Simmer for at least 15 minutes (flavors improve the longer it simmers). 5 minutes before serving, add the chocolate and stir.

