

# BLACK BEAN CHILI



*Yields:*

approximately 6.5 L or 26 x 250 mL portions

## INGREDIENTS

Canola Oil	15 ml
Carrots, diced	1 L
Celery ribs, diced	500 ml
Onion, diced	500 ml
Jalapeño, seeded & minced	1
Garlic Cloves, minced	4
Red Peppers, diced (approximately 1 L)	4
Green Peppers, diced (approximately 1 L)	4
Cumin, ground	30 ml
Chili Powder or Chipotle Paste	15 ml
Cinnamon, ground	5 ml
Brown Sugar	60 ml
Black Beans, cooked	2 L or 4 cans (540 mL each) drained and rinsed
Limes, juice & zest	5
Tomatoes, 2.84 L can diced ,no added salt	1
Unsweetened chocolate, grated	84 g or 50 g cocoa powder
Salt	15 ml
Pepper	to taste
Cilantro, minced	to garnish

## DIRECTIONS

1. Heat the oil over medium heat in a large saucepan. Sauté carrots, celery and onion for 10 minutes, or until lightly browned. Add jalapeño, garlic, red and green peppers, cumin, chili powder or chipotle paste and cinnamon. Sauté for a further 5 minutes.
2. Add the sugar, beans, lime juice and zest, tomatoes and chocolate. Simmer for 30 minutes. Season with salt and pepper. Garnish with minced cilantro.

