

Eat Smart!

Chocolate Chili

Makes 5 1 ½ cup servings

- 1 tablespoon olive oil
- 1 medium onion, diced (about 1 cups)
- 2 cloves garlic, minced
- 1 pound of extra lean ground beef
- 1 can (15.25 ounces) black beans
- 1/2 teaspoon dried oregano leaves
- 1 tablespoon chili powder
- 1 tablespoon ground cumin
- 1 tablespoon unsweetened cocoa
- 1/2 teaspoon ground allspice
- 1/2 teaspoon salt
- 1 can (6 ounces) tomato paste
- 1 can (14.5 ounces) fire-roasted, chopped tomatoes
- 1 cup chicken or beef broth low sodium
- 1/2 cup of water

Directions

1. Heat a large, deep pot over medium-high heat, then add the olive oil. When the oil is melted, add onions, stir and cook until they're translucent, about 7 minutes. Add the garlic and as soon as it's fragrant, about 30 seconds, crumble the ground meat into the pan, mixing with the wooden spoon to combine. Continue to cook the meat, stirring often, until it's no longer pink.

2. In a small bowl, combine the oregano, chili powder, cumin, cocoa, allspice, and salt. Add to the pot, stirring like you mean it. Add tomato paste and stir until combined, about 2 minutes.

3. Add the tomatoes with their juice, beef broth, and water to the pot. Stir well. Bring to a boil, then reduce the heat so the chili enjoys a gentle simmer. Simmer uncovered for at least two hours. Do not skimp on the simmer!

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Nutrition Facts

servings per container
Serving size (253g)

Amount per serving
Calories 200

% Daily Value*

Total Fat 7g	9%
Saturated Fat 2g	10%
<i>Trans</i> Fat 0g	
Cholesterol 30mg	10%
Sodium 520mg	23%
Total Carbohydrate 20g	7%
Dietary Fiber 7g	25%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 17g	
Vitamin D 0mcg	0%
Calcium 48mg	4%
Iron 4mg	20%
Potassium 723mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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Directions (Slow Cooker)

1. Sauté onions in oil in a nonstick skillet, followed by the garlic; place in the slow cooker
2. Put ground beef in the skillet (without cleaning it out) and sauté until no longer pink. Place that (and the juices) in the crockpot.
3. Add all the spices briefly to the hot skillet to bloom the flavors, then add the tomato paste; stir to combine and cook about 1 minute. Add the beef broth and stir to combine. Place in slow cooker
4. Add the chopped tomatoes to the slow cooker do not add the water listed in the recipe. Cook on low for 6-8 hours.