



SECRET INGREDIENT CHILI

INGREDIENTS

- 1 1/2 lbs ground beef
- 1 large onion, chopped
- 2 (15-oz) cans red kidney beans, rinsed and drained
- 1 (15-oz) can black beans, rinsed and drained
- 1 (28-oz) can diced tomatoes, undrained
- 1 (15-oz) can tomato sauce
- 3 Tbsp chili powder
- 1/2 Tbsp ground cumin
- 1 Tbsp unsweetened cocoa powder
- 2 cloves minced garlic
- Salt and pepper to taste

PREP TIME

20 minutes

COOKING TIME

60 minutes

The secret ingredient is unsweetened cocoa powder—it gives the chili a rich flavor!

- 1** In a large saucepan, cook the ground beef and chopped onion over medium heat until the beef is no longer pink; drain the fat.
- 2** Add the beans, diced tomatoes, tomato sauce, chili powder, cumin, unsweetened cocoa powder, minced garlic, and salt and pepper, if desired.
- 3** Reduce heat and simmer, covered, for 1 hour, stirring occasionally.

INSTRUCTIONS

- 4** Top the chili with any or all of the following: sour cream, shredded cheddar cheese, and chopped green onion.

NOTE:

For a spicier chili, use a 28-oz can of diced tomatoes with green chilies instead of regular diced tomatoes.

Makes 6 servings

mary & martha