

Mexican Black Bean Sausage Chili

Adapted from *Culinary in the Desert* blog

www.culinaryinthedesert.com - adapted from *Cooking Light*



Love this chili because of its texture - the gravy thickens it all. Just delicious.

SAUSAGE:

- 12 ounces ground pork
- 12 ounces ground turkey
- 5 whole garlic cloves, minced
- 3 tablespoons red wine
- 2 tablespoons sherry vinegar
- 1 1/2 tablespoons sweet paprika
- 2 teaspoons ancho chili powder
- 1 teaspoon cumin
- 1/2 teaspoon dried oregano
- 1/2 teaspoon ground coriander
- 1/2 teaspoon black pepper
- 1/8 teaspoon salt

CHILI:

- 2 tablespoons olive oil
- 2 cups diced onion
- 3 whole garlic cloves, minced
- 1 tablespoon cumin
- 2 teaspoons dried oregano
- 3 whole chipotle chile canned in adobo, minced
- 60 ounces canned black beans, rinsed, drained, divided use
- 3 cups chicken broth, divided use
- 29 fluid ounces canned tomatoes, Muir Glen, fire roasted
- 3/4 cup water
- 1/4 cup lime juice, fresh squeezed
- 1/4 cup chopped cilantro

Serving Ideas: Add some green onions too, as a garnish if you'd like more color.

Chicken, Pork, Soups

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>

Servings: 8

Preparation Time: 30 minutes

This is such an unusual preparation - I had never before made any ground meat dish that required you to marinate the raw (ground) meat for 24 hours. But it works. And it's a great blend. The original recipe called for only turkey meat. I added half ground pork just for flavor. Not quite as healthy, though. As with almost all soups and stews, it tastes much better if made one day ahead.

1. To make the sausage: In a large bowl, mix together pork, turkey, garlic, red wine, vinegar, paprika, ancho chili powder, cumin, oregano, coriander, pepper and salt until combined. Cover and set in the refrigerator overnight.
2. To make the chili: In a large saucepan, heat oil over medium-high heat. Add sausage mixture and cook until browned, stirring to crumble - about 7 - 10 minutes. Stir in onions, cumin, garlic, oregano and chipotle chiles - cook until the onions are tender, about 4-6 minutes. In a food processor, add 1 1/2 cups black beans and 1 cup broth - process until smooth. Add the processed beans, whole beans, remaining 2 cups broth, tomatoes and water into the saucepan - bring mixture to a boil. Reduce heat and simmer, partially covered, until the chili becomes slightly thick - about 45 minutes. Stir in lime juice and cilantro. Garnish with sour cream and cilantro. Add shredded cheese if you'd like.

Per Serving (excluding unknown items): 453 Calories; 19g Fat (37.5% calories from fat); 30g Protein; 39g Carbohydrate; 14g Dietary Fiber; 65mg Cholesterol; 1241mg Sodium. Exchanges: 2 Grain(Starch); 3 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 2 Fat; 0 Other Carbohydrates.