



Just Recipes.

Mexican Black Bean Sausage Chili

Ingredients

Serves 6-8

Sausage:

1½ tbsp [22 ml]	Hungarian sweet paprika
2 tbsp [30 ml]	minced garlic
3 tbsp [45 ml]	dry red wine
2 tbsp [30 ml]	sherry vinegar
2 tsp [10 ml]	ancho chili powder
1 tsp [5 ml]	ground cumin
½ tsp [2.5 ml]	dried oregano
½ tsp [2.5 ml]	ground coriander
½ tsp [2.5 ml]	ground black pepper
dash	kosher salt
¾ lb [360 g]	lean ground pork
¾ lb [360 g]	ground turkey breast

Chili:

2 tbsp [30 ml]	olive oil
2 cups [500 ml]	diced onion (about 2 medium)
1 tbsp [15 ml]	ground cumin
1 tbsp [15 ml]	finely minced garlic
2 tsp [10 ml]	dried oregano
3	canned chipotle chiles in adobo sauce, minced
4 15-oz [440 ml]	cans black beans, rinsed and drained, divided
3 cups [750 ml]	chicken broth, divided
1 cup [250 ml]	water
1 28-oz [830 ml]	diced tomatoes
¼ cup [60 ml]	freshly squeezed lime juice
¼ cup [60 ml]	finely chopped cilantro, stem and leaves

To serve:

Low-fat sour cream or greek yogurt, sliced green onions, fresh coriander leaves, tortilla chips

Method

To prepare sausage, combine first 12 ingredients in a large bowl. Cover and refrigerate overnight.

To prepare chili, heat oil in a large saucepan over medium-high heat. Add sausage mixture; cook 7 minutes or until browned, stirring to crumble. Add onion, 1 tbsp cumin, 1 tbsp garlic, 2 tsp dried oregano and chiles; cook 4 minutes or until onion is tender. Place 1½ cups [375 ml] black beans and 1 cup [250 ml] broth in a food processor; process until smooth. Add pureed beans, remaining beans, remaining 2 cups broth, water and tomatoes (with juices) to pan; bring to a boil. Reduce heat and simmer, partially covered, 45 minutes or until thick. Stir in lime juice and cilantro.

Ladle about serving bowls and garnish each serving with sour cream, green onions and coriander. Enjoy with tortilla chips.



Recipe Credit: Adapted from Cooking Light Magazine

Photo Credit: Marie Asselin

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