



Turkey and Mixed Bean Chili with Cocoa and Jalapeno Peppers

Makes: 8 servings

Cocoa, which comes from the same beans used to make chocolate, added such a wealth of body, color and flavor to this chili that you may just call it your best ever. The dish serves eight, which makes it perfect to put out when you have friends over. Serve with taco chips, sour cream, grated cheddar and chopped fresh cilantro.

Ingredients:

3 tablespoons olive oil
1 pound ground turkey
1 medium onion, chopped
2-3 jalapeno peppers, seeds removed and finely chopped
1 medium red bell pepper, chopped
1 medium yellow bell pepper, chopped
2 garlic cloves, chopped
1 28 ounce can crushed tomatoes
1 28 ounce can diced tomatoes
2 19 ounce cans beans (red kidney and cannelli or navy, recommended)
1 cup chicken stock
2 tablespoons chili powder
2 teaspoons ground cumin
3 tablespoons brown sugar
2 tablespoons cocoa
1 teaspoon oregano
Sea salt and freshly ground black pepper to taste

Preparation:

Heat the oil in a large, heavy stock pot or Dutch oven set over medium-high heat. Add the turkey and cook 3 to 5 minutes, stirring and breaking up the meat. Add the onion, jalapeno pepper, bell peppers and garlic and cook 5 minutes more. Add all remaining ingredients.

Bring to a boil, and then lower the heat until the chili gently simmers. Partially cover and cook, stirring occasionally, 45-60 minutes, or until chili is thick, rich and bubbly. Thin with a little water or chicken stock to your preference.

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