

Recipe: Ancho Chili



Makes 6-8 servings

5 ancho chiles, rinsed, stems, seeds and ribs removed
1 1/2 cups water to cover chilies
1 tablespoon vegetable oil
3 1/2 cups diced white onion, diced small
3 garlic cloves, peeled, smashed
2 jalapeño peppers, medium, seeds and ribs removed, minced
2 tablespoons tomato paste
3/4 pound ground beef, lean
3/4 pound ground pork, lean
1 cup canned whole tomatoes, roughly chopped
1 1/2 cups Coca-Cola®
1 teaspoon ground cumin
1 teaspoon dried oregano
4 teaspoons salt
1 cup (10.5 oz. can) red kidney beans, canned, drained
1/2 cup cheddar cheese, grated (optional)
1/2 cup sour cream, low-fat (optional)
2 tablespoons thinly sliced green onion (optional)

Method:

1. Place ancho chiles in a saucepan, cover with water and bring to a boil over medium-high heat. Remove from heat and soak until softened, about 30 minutes. Transfer chiles and cooking liquid to a blender or food processor and purée until smooth. Set aside.
2. Heat the vegetable oil in a Dutch oven over medium heat. Add the onion, garlic, and jalapeño peppers. Cook until onions soften and turn translucent, about 10 minutes. Add in the tomato paste and cook, stirring, another 3 to 4 minutes. Stir in the beef and pork, and cook until meat is no longer pink. Add cola, tomatoes, cumin, oregano, and puréed chiles; stir well to combine. Bring mixture to a simmer, reduce heat to medium-low, cover and cook 30 minutes.
3. Stir in beans and 1 tablespoon salt. Continue to simmer, uncovered, until mixture thickens, about 30 to 40 minutes. Adjust seasoning to taste with remaining 1 teaspoon salt, or to taste.
4. Ladle chili into warmed bowls and garnish with cheese, sour cream, and green onions if desired.

Nutritional Analysis:

Serving size: 1 cup
Cal: 301
Protein: 20g
Fat: 14g
Carb: 26g
Sodium: 1,215mg
Chol: 53mg
Sugar: 11g