

Lamb and Black Bean Chili

SOURCE: AOL COOKING LIGHT

INGREDIENTS:

1-1/2 lbs lean ground lamb
1 Chopped onion
2 garlic cloves, minced
2 (14-1/2-oz) cans no-salt-added whole tomatoes, un-drained/chopped
1 C dry red wine
1 TBS chili powder
1-1/2 tsp ground cumin
1-1/2 tsp dried oregano
1 tsp sugar
1/4 tsp salt
3 (15-oz) cans black beans, drained
1/4 tsp hot sauce
Cilantro sprigs (optional)

INSTRUCTIONS:

1. Combine first 3 ingredients in Dutch oven - cook over medium heat till browned, stirring to crumble. Drain in colander - pat dry with paper towels. Wipe drippings from pan with paper towel - return mixture to pan.
2. Add tomatoes + next 6 ingredients (tomatoes through salt); bring to boil. Cover - reduce heat - simmer 2 hours; stir occasionally. Stir in beans + hot sauce. Cover - simmer 30 minutes. Garnish with cilantro sprigs, if desired.

YIELD: 8 servings (serving size: 1 C)

NUTRITIONAL INFORMATION: CALORIES 293 (22% from fat); FAT 7.2g (sat 2.4g, mono 2.8g, poly 0.8g); PROTEIN 28.5g; CARB 29.9g; FIBER 4.6g; CHOL 61mg; IRON 4.3mg; SODIUM 400mg; CALC 90mg