

Black Bean and Chorizo Chili

SOURCE: AOL COOKING LIGHT

INGREDIENTS:

1 (7-oz) can chipotle chiles in adobo sauce	Cooking spray
1 1/2 C chopped green bell pepper	2 1/2 C chopped onion, divided
1 1/2 C chopped red bell pepper	5 garlic cloves, minced
3 links Spanish chorizo sausage, diced (about 6 1/2 oz)	
1 1/2 TBS chili powder	1 TBS ground cumin
1 1/2 tsp dried oregano	1 TBS fresh lime juice
3 (15-oz) cans black beans, drained	1/8 tsp ground cinnamon
3 (14-oz) cans whole peeled tomatoes, un-drained/chopped	
1 (8 1/2-oz) can no-salt-added whole-kernel corn, drained	
1 1/2 oz semisweet chocolate, chopped	3/4 tsp salt
1/2 tsp black pepper	3/4 C fat-free sour cream
Baked tortilla chips (optional)	

INSTRUCTIONS:

1. Remove 2 chiles from can - finely chop, reserving remaining chiles + sauce for another use.
2. Heat large Dutch oven coated with cooking spray over medium-high heat. Add chiles, 13/4 C onion, bell peppers, garlic + chorizo; sauté 5 minutes or till tender. Add chili powder + next 7 ingredients (chili powder through corn), stirring to combine. Bring to boil. Reduce heat - simmer, covered, 30 minutes, stirring occasionally. Remove from heat - stir in chocolate, salt + black pepper.
3. Ladle 1 C chili into each of 12 bowls. Top each serving with 1 TBS sour cream + 1 TBS onion. Serve with tortilla chips.

YIELD: 12 servings (serving size: 1 C)

NUTRITIONAL INFORMATION: CALORIES 311 (24% from fat); FAT 8. 4g (sat 3. 2g, mono 3. 4g, poly 1g); PROTEIN 16.5g; CARB 43.9g; FIBER 12. 9g; CHOL 13mg; IRON 4. 1mg; SODIUM 888mg; CALC 95mg