

Hummingbird Chocolate Chili

Makes: 8 to 10 servings

Preparation time: about an hour

1.5 lb (680 g) ground beef
1 onion, chopped
1 green pepper, chopped
2 cloves garlic, minced
3 tbsp (50 mL) chili powder (adjust to taste)
Dash cayenne pepper
1 tsp (5 mL) cinnamon
1 can (796 mL) diced tomatoes
3 3/4 cups (900 mL) beef broth
1 can (156 mL) tomato paste, plus one tomato paste can water
2 cans (540 mL each) red kidney beans, drained and rinsed
1 can (540 mL) black beans, drained and rinsed
1½ cups (375 mL) cooked corn
6 squares Hummingbird Chocolate Bolivia bar
Salt to taste

1. Brown beef in heavy pot. Drain fat as needed.
2. When almost brown, add onion, green pepper, garlic, chili and cinnamon. Sauté for about 4 minutes.
3. Add diced tomatoes, beef broth, tomato paste, water and beans. Simmer on low heat for about 30 minutes.
4. Add four to six squares of Hummingbird Bolivia chocolate to taste (extra squares are for the cook), stirring well until chocolate has melted. Add more chili powder, cayenne, cinnamon and salt if desired.
5. Simmer about 20 minutes more. Add corn at end and heat for five minutes. Serve with warm corn bread and a dollop of sour cream if desired.