

# Black Bean & Chorizo Chili

## Ingredients

1 can chipotle chiles in adobo sauce  
2 ½ cup chopped onion, divided  
1 ½ cup chopped green bell pepper  
1 ½ cup chopped red bell pepper  
5 garlic cloves, minced  
3 links Spanish chorizo sausage, diced (about 6 ½ oz)  
1 ½ tbsp chili powder  
1 tbsp ground cumin  
1 tbsp fresh lime juice  
1/8 tsp ground cinnamon  
3 (15oz) cans black beans, drained  
3 (14oz) cans whole, peeled tomatoes, undrained and chopped  
1 (8.5oz) can no-salt-added whole kernel corn, drained  
1 ½ oz semisweet chocolate, chopped  
¾ tsp salt  
½ tsp black pepper  
¾ cup fat-free sour cream  
Baked tortilla chips (optional)

## Preparation

1. Remove 2 chiles from can; finely chop, reserving remaining chiles and sauce for another use.
2. Heat a large Dutch oven coated with cooking spray over medium-high heat. Add chiles, 1 ¾ cup onion, bell peppers, garlic and chorizo; sauté 5 minutes or until tender. Add chili powder and next 7 ingredients (chili powder through corn), stirring to combine. Bring to a boil. Reduce heat, and simmer, covered, 30 minutes, stirring occasionally. Remove from heat, stir in chocolate, salt and black pepper.
3. Ladle 1 cup chili into a bowl. Top each serving with 1 tbsp sour cream and 1 tbsp onion. Serve with tortilla chips, if desired. Serves 12.

### Nutrition (per serving):

311 calories  
8.4g fat (3.2g sat, 3.4g mono)  
16.5g protein  
43.9g carbohydrates  
12.9g fibre  
13mg cholesterol  
888mg sodium  
95mg calcium



Source: [www.myrecipes.com](http://www.myrecipes.com)