

Chili with Black Beans

Serves 10

This beef-based chili is lightened with ground turkey, ground pork and black beans. Though the dish will be less wine-friendly, feel free to add additional smoked paprika, ground chipotle chile or cayenne pepper for more kick. Serve with your favorite biscuits; try adding grated or diced cheese for interest.

- 1 pound lean ground beef**
- ½ pound ground turkey**
- ½ pound ground pork**
- Kosher salt and pepper to taste**
- 1 tablespoon olive oil, or as needed**
- 2 teaspoons ground cumin**
- 1½ teaspoons smoked paprika**
- 1 teaspoon dried oregano crumbled**
- 1½ cups finely diced yellow onion**
- 2 large finely diced carrots (about 1 cup)**
- 1 tablespoon minced garlic**
- ½ cup Zinfandel**
- 1 15-ounce can black beans, rinsed and drained**
- 1 15-ounce can tomato sauce**
- 1 cup chicken broth**
- 1 small whole black cardamom (optional, see Note)**
- 1 bay leaf**
- 2 teaspoons soy sauce**

Instructions: Brown the ground beef, turkey and pork in a large nonstick skillet over medium-high heat, while seasoning to taste with salt and pepper. Break meat up, leaving plenty of medium-size pieces. Move meat to a separate bowl; discard any excess fat but leave behind fond. Decrease heat to medium. Add olive oil,

cumin, paprika and oregano to skillet – cook briefly until spices are fragrant, about 30-45 seconds. Add onions, cook 1 minute then add carrots; cook a minute more before adding the garlic and additional oil if needed. When garlic is fragrant, deglaze the pan with the Zinfandel. Reduce by about half before adding the meat, black beans, tomato sauce, chicken broth, cardamom, if using, bay leaf and soy sauce to the pan.

Simmer – partly covered – for at least 30 minutes. Season to taste. Remove bay leaf and cardamom before serving. The chili can be made ahead of time and also freezes well.

Presentation option: Preheat oven to 375°. Place chili in a casserole dish or preheat on stovetop. During the last few minutes, add pre-baked biscuits on top, which will help keep both chili and biscuits warm at the table.

Note: Black cardamom, which adds smoky, earthy notes, can be found in Middle Eastern specialty stores and larger markets.

Per serving: 265 calories, 22 g protein, 13 g carbohydrate, 13 g fat (5 g saturated), 61 mg cholesterol, 509 mg sodium, 4 g fiber.