

Whole Grain Chili with Bittersweet Chocolate from *Urban Sacred Garden*



This is a hearty, healthy chili for those cool Fall nights and even colder Winter nights. There are a few ingredients in this mix that may surprise you: bittersweet chocolate, chocolate stout beer and pearl cous cous - different and delicious. This does make a very thick chili, so you could add more stock, tomato juice and spices if you wanted it less thick. For me chili has to be thick and filling. I hope you like the difference in this spicy yet sweet mix! Yield: About 15 Servings*

INGREDIENTS

1/2 Acorn Squash, de-seeded, de-skinned and cut into Chunks
3 Medium Shallots, Diced
4 Cloves Garlic, Finely Diced and divided
2 Tbsp Olive Oil
1 lb. Extra Lean Ground Beef
1 Jalapeno, de-seeded and diced
1/2 Red Onion, diced
1 1/2 Cups Young's Double Chocolate Stout Beer
1 Cup Beef Stock
4 Tbsp Worcestershire Sauce
2, 26 oz. containers Pomi Chopped Tomatoes

26 Oz. Pomi Strained Tomatoes
46 oz. Tomato Juice
15 oz. Cannelli Beans, drained
15 oz. Black Eyed Pea, drained
4 Tbsp Chili Powder
3 Tbsp Paprika
2 Tbsp White Pepper
Fresh Ground Sea Salt
Fresh Ground Pepper
3/4 Cups Bittersweet Chocolate pieces
1/2 Cup Whole Wheat Pearl Cous Cous
1/3 lb. Whole Grain Spaghetti Noodles
Shredded Cheddar Cheese, for garnish

*Note this recipe makes A LOT of chili, so you might plan on sharing with others as I did, making some much needed dinner time deliveries to people who need a night off from cooking. It heats up great. I delivered mine with a bag of shredded cheese and a fresh loaf of seeded bread.

DIRECTIONS

1. Preheat oven to 400 degrees. In a small roasting pan combine Acorn Squash, Shallots, 2 Cloves Garlic, Olive Oil, Salt and Pepper. Bake in the oven for 20-30 minutes until squash is soft. When you remove hot pan from the oven add 1/2 cup of Young's Double Chocolate Stout and stir to deglaze, and pull crispy pieces from the pan. Let sit for a few minutes.
2. While squash is cooking, place beef in a large soup pan over medium heat. Begin to brown meat and add remaining Garlic, Jalapeno and Red Onion. Once beef is brown and cooked through add 1 Cup Young's Double Chocolate Stout and let cook for about 5 minutes so beef can marinate in the beer.
3. Add Beef Stock, Worcestershire, Tomatoes, Tomato Juice, Cannelli Beans, Black Eyed Peas, Chili Powder, Paprika, White Pepper and additional Salt and Pepper. Cook over medium low heat, bringing to a slow bubble. Once hot add Bittersweet Chocolate, stirring thoroughly until completely melted. Add Whole Wheat Cous Cous and mix in. Add Roasted Squash. Reduce heat to a slow, bubbly simmer. Add additional Chili Powder, Sea Salt and Pepper to taste as needed. Let soup simmer for about 30 minutes, stirring occasionally. If

something seems missing you likely need more Sea Salt, remember the Pomi tomatoes you used for the base have no additives.

4. In a separate medium sized sauce pan bring 6 cups of salted water to a boil. Break Whole Grain Spaghetti into thirds and cook for about 8 minutes until al dente. Strain pasta in colander. Add to chili during last few minutes of cooking.

5. Serve warm chili with some shredded cheddar on top and bread of choice. Enjoy!