

FOOD & DINING



ZESTY WHEAT BERRY-BLACK BEAN CHILI

This rib-sticking chili offers a hearty mix of wheat berries, beans, peppers and onion. Feel free to add an additional chipotle pepper to crank up the heat in this one-pot meal. Cooked wheat berries will keep for up to 1 month in your freezer and there's no need to thaw them; just stir them directly into the chili.

Servings: 6 servings, about 1 1/2 cups each

Total Time: 1 hour

Ease of Preparation: Easy

Health: Heart Healthy, Low Sat Fat, Low Cholesterol, High Fiber

Ingredients:

- Zesty Wheat Berry-Black Bean Chili
- 2 tablespoons extra-virgin olive oil
- 1 large yellow onion, chopped
- 1 large yellow bell pepper, chopped
- 5 cloves garlic, minced
- 2 teaspoons chili powder
- 1 1/2 teaspoons ground cumin
- 1 teaspoon dried oregano
- 1/2-teaspoon salt
- 1/2 teaspoon freshly ground pepper
- 2 15-ounce cans black beans, rinsed
- 2 14-ounce cans no-salt-added diced tomatoes, undrained
- 1-2 canned chipotle peppers in adobo sauce, minced (see Tip)
- 2 cups vegetable broth
- 2 teaspoons light brown sugar
- 2 cups Cooked Wheat Berries (recipe follows)
- Juice of 1 lime
- 1 avocado, diced
- 1/2 cup chopped fresh cilantro

Steps:

1: Heat oil in a Dutch oven over medium-high heat. Add onion, bell pepper, garlic, chili powder, cumin, oregano, salt and pepper, and cook, stirring occasionally, until tender, about 5 minutes. Add beans, tomatoes, chipotle to taste, broth and brown sugar. Bring to a boil over high heat, reduce heat, cover, and simmer for 25 minutes.

2: Stir in cooked wheat berries and heat through, about 5 minutes more. (If using frozen wheat berries, cook until thoroughly heated.) Remove from the heat. Stir in limejuice. Garnish each bowl with avocado and cilantro.

Nutrition: (Per serving)

- Calories - 386
- Carbohydrates - 61
- Fat - 11
- Saturated Fat - 1
- Monounsaturated Fat - 7
- Protein - 14
- Cholesterol - 0
- Dietary Fiber - 15
- Potassium - 311
- Sodium - 703
- Nutrition Bonus - Vitamin C (130 daily value), Fiber (72 dv), Folate (48 dv), Iron & Vitamin A (25 dv).

Tip: Canned chipotle peppers (smoked jalapeños) in adobo sauce add heat and a smoky flavor. Look for the small cans with other Mexican foods in large supermarkets. Once opened, store in an airtight container for up to 2 weeks in the refrigerator or 6 months in the freezer.

By Cheryl Sternman Rule-EatinWell, Courtesy of Arcamax.com •

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