

CILANTRO LIME BLACK BEAN CHILI

 for a 5 qt. Crock pot.

- 1.25 lb Ground Beef
- (1) 28 oz can petite diced tomatoes
- (2) 6 oz. can Tomato Sauce
- 3 oz tomato paste
- (3) 15 oz. can Black Beans
- 1 large Yellow Onion
- 1 large Sweet Onion
- 3 Jalapeno Peppers
- 1/4 Habanero Pepper
- 1 cup corn
- 3 cloves garlic
- Juice of 2 limes
- Zest from 2 Limes
- 1 cup chopped cilantro
- Crushed Cayenne pepper
- 2 Bay Leaves
- Chili Powder
- Salt/Pepper
- Cumin
- Cinnamon
- 1/3 cup Water

Begin by chopping both onions with a dice, and mince all three garlic cloves as well as one jalapeno. In a large pan over medium - medium high heat, begin to saute mixture in some extra virgin olive oil. After a few minutes add the ground beef, and break apart as finely as possible. Add some salt, pepper, cayenne pepper, and chili powder. Cook until all pink is gone, stirring slightly more than occasionally. Add entire mixture to crock pot.

Empty black beans into a colander and rinse very well. Add to crock pot. Rinsing the beans is essential, as it makes the beans much tastier in the end. Finely dice the remaining jalapenos, and mince the 1/4 habanero, making sure to remove the habanero seeds. Add this and the remaining 28 oz. tomatoes, 3 oz. tomato paste, 1 cup corn, juice and zest from 2 limes, 1 cup chopped cilantro, 1/3 cup water to the crock pot. Add an additional 2 bay leaves, 2 shakes cinnamon, 15 shakes chili powder, 10 shakes cayenne pepper, 5 shakes cumin, and a bit more salt and pepper.

Mix everything very well, and set on Low for 8-9 hours. Around 4 or 5 hours you should open up and taste for seasoning being careful not to burn your tongue. Season to taste, stir very well, and cover again until cooking is finished.

Cut some lime wedges, making sure to roll them a bit to make them a bit more juicy. Chop some cilantro to a fine dice. Serve chili with the cilantro lime garnish, and enjoy.

-dr. Luke, 1st Annual Upslope Brewery Chili Cookoff Champion