

Black Bean and Chorizo Chili

Serves 4

2 tablespoons olive oil
12 ounces pork or chicken chorizo, sliced
1 large red bell pepper, seeded and chopped
1 large green bell pepper, seeded and chopped
1 large yellow onion, chopped
3 garlic cloves, minced
1 tablespoon chili powder
1 teaspoon dried thyme
1 (15-ounce) can diced fire-roasted tomatoes (for extra heat use tomatoes with green chilies)
2 ½ cups less sodium chicken broth
2 (15-ounce) cans black beans, drained and rinsed
Salt, if needed
Freshly ground black pepper, to taste
Serve with: grated cheddar cheese, sour cream, and chopped green onions

Heat the olive oil in a large pot or Dutch oven over medium heat. Add the sliced chorizo and cook, stirring occasionally, until just beginning to brown. Remove the chorizo with a slotted spoon and set aside.

Add the bell peppers and onion to the pot and stir until softened, about 5 to 7 minutes. Stir in the garlic and cook until just fragrant, about 30 seconds. Add the chili powder and dried thyme and cook, stirring constantly, for 1 minute. Add the diced tomatoes and their juices and the chicken broth. Bring to a simmer and simmer gently for 5 minutes. Stir in the black beans and return the cooked chorizo to the pot. Simmer gently for 30 to 45 minutes. Season to taste with salt and freshly ground black pepper if needed. Serve the chili with grated cheddar cheese, sour cream, and chopped green onions.