

Beef and Black Bean Chili

Black beans make the perfect addition to a classic slow cooker chili. To finish it off, top with green onions and use toasted baguette slices for dipping.

By **BHG Test Kitchen** | Published on December 1, 2012

Prep Time: 25 mins

Cook Time: 8 hrs

Total Time: 8 hrs 25 mins

Ingredients

12 ounce ground beef

1 large onion, chopped

1 green sweet pepper, chopped

3 cloves garlic, minced

2 15–16 ounce can black beans, rinsed and drained

1 28 ounce can diced tomatoes

$\frac{3}{4}$ cup beef broth

2 tablespoon unsweetened cocoa powder

2 tablespoon hot chili powder

1 tablespoon ground cumin

1 tablespoon smoked paprika

Toasted baguette slices (optional)

Sliced green onions (optional)

Directions

Step 1

In a large skillet cook ground beef, onion, sweet pepper, and garlic over medium heat until browned. Drain fat. Transfer meat mixture to a 3 1/2 to 4–quart slow cooker. Add beans, tomatoes, broth, cocoa powder, chili powder, cumin, and paprika.

Step 2

Cover and cook on low heat setting for 8 to 10 hours or on high heat setting for 4 to 5 hours. Top with baguette slices and green onions, if desired.

Nutrition Facts

Per serving: 236 calories; total fat 10g; saturated fat 3g; cholesterol 30mg; sodium 695mg; total

carbohydrate 23g; total sugars 5g; protein 14g; vitamin c 23.6mg; calcium 111.1mg; iron 4.1mg; potassium 268mg; fatty acids, total trans 1g; folate, total 12.1mcg; vitamin b-12 0.9mcg; vitamin b-6 0.3mg