

# Chocolate Chili

This is a spicy chili, with the subtle flavors of chipotle and chocolate, filled with lots of healthy vegetables. Top with a bit of tofu sour cream to temper down the heat, if desired. Or use less of the chipotle peppers. Serve over rice, or plain in a bowl.

Preparation Time: 30 minutes

Cooking Time: 45 minutes

Servings: 6-8

1 ½ cups water

2 onions, chopped

3 cloves garlic, minced

1-2 tablespoons finely chopped chipotle in adobo sauce

1 teaspoon dried oregano

½ teaspoon ground cumin

⅛ teaspoon cinnamon

3 medium zucchini, quartered lengthwise and sliced

4 cups coarsely chopped kale

1 14.5 ounce can chopped tomatoes

3 15 ounce cans pinto beans, drained and rinsed

3 tablespoons finely chopped unsweetened chocolate

1 teaspoon orange zest

⅛ teaspoon sugar

⅛ teaspoon salt



Place ¼ cup of the water in a large pot. Add the onion and garlic. Cook, stirring occasionally, for about 5 minutes, until onion has softened. Add the chopped chipotle, oregano, cumin and cinnamon. Stir into the onions and garlic for about 30 seconds. Add the remaining water, the zucchini and kale. Cook, stirring occasionally for about 5 minutes. Add the remaining ingredients, mix well, bring to a boil, reduce heat, cover and simmer for an additional 30 minutes.