

Doctor's Choice Chili

Nutrition Highlights: Low Carb, Low Sugar, Protein Boost, Healthy Fats, Antioxidant

Makes: 6 Servings

Chili is one of the world's best hiding places for a sneaky chef. When I was testing this recipe, I was astonished at the amount of puree that disappeared into this firehouse favorite. I even took some down to the guys at the station, and defied them to take the Sneaky Chef Challenge. The firemen gobbled up the chili, and no one could guess the hidden ingredients!

- One tablespoon extra virgin olive oil
- 1 large onion, minced
- 1 pound lean ground beef or turkey (or a combination)
- 1 to 2 cloves garlic, minced
- 2 tablespoons chili powder
- 1 teaspoon ground cumin
- One-quarter teaspoon cayenne
- One-half cup to 1 cup White Puree (see Make-Ahead Recipe #4)
- One-half cup Green Puree (see Make-Ahead Recipe #3)
- 1 (6 ounce) can tomato paste
- 1 (28 ounce) can diced tomatoes
- 1 (15 ounce) can kidney beans, drained*
- 1 to 2 cups vegetable broth
- Salt and pepper to taste

Optional garnishes: chopped green or yellow onions, low-fat sour cream, and shredded low-fat cheese

*if your guy objects to whole, visible beans in his chili, simply substitute one cup of White Bean Puree or one-half cup of oat bran for same nutritious effect.

> Heat oil over medium heat in a chili or soup pot. Cook the onions until they are slightly translucent, about 10 minutes, and then add ground meat, stirring to break it up, cooking about 5 minutes until meat is no longer red. Then add the garlic, chili powder, cumin, cayenne, and a few grinds of pepper. Add the White and Green Purees, tomato paste, tomatoes, 1 cup of vegetable broth, and the kidney beans, and mix well to combine the colors. Return to a boil, then reduce heat to low and simmer for 45 minutes to 1 hour, adding more vegetable broth as necessary. Season with salt, pepper, more cayenne for extra spice, and top with optional garnishes.

Save leftovers and put a portion in a thermos or plastic container for your man's lunch pail.

Chili represents your three stages of matter: solid, liquid, and eventually gas. Roseanne



Vegetarian Variation:

> Omit the meat and add 2 more cans of pinto and/or kidney beans.

Serve with Grilled Corn Bread from The Sneaky Chef book.

Sneaky Tip: Yale researchers report that eating just one-half cup a day of beans can help significantly in keeping diabetes away. So sneak some White Bean Puree in chili, soup, salad or your favorite casseroles and help beat the diabetes epidemic.