

Chocolate & Black Bean Chilli

SERVES - 4

NUTRITION PER SERVING

Fat: 31 g

Carbs: 20 g / Fiber: 7 g (Net Carbs: 13 g)

Protein: 26 g

INGREDIENTS

- 500g minced beef
- 1 large onion (finely chopped)
- 3 cloves garlic
- 1 T coconut oil or beef dripping
- 3 t cumin
- 2 t coriander
- 1 t smoked paprika
- 1 t chilli powder
- 2 t cocoa powder or 2 squares of dark chocolate
- 400g black beans (cooked)
- 400g tinned plum tomatoes
- 200 ml water
- 1 T tomato puree
- handful coriander leaves

This is one of my absolute favourite recipes. Indulgent and packed full of nutrition. I had it for the first time in a gastropub in south London many years ago, and was blown away by how delicious it was, I tried to recreate it. Black beans are high in resistant starch, which is a powerful prebiotic. They are also high in phytonutrients, flavonoids, protein, magnesium and zinc. I much prefer them to the usual kidney beans traditionally used in chilli recipes.

This is perfect served with cauliflower rice, with or without brown rice mixed in or on it's own topped with guacamole or soured cream.

METHOD

1. In a large pan, melt oil and fry onion.
2. Add crushed garlic and 1 t cumin.
3. Add beef and cook till browned.
4. Add black beans and cook for 10 mins.
5. Add tinned tomatoes, puree, water, cocoa and the rest of the spices.
6. Let simmer for 30-40 mins
7. Serve with cauliflower rice and guacamole.