

# Chili Mole with Black Beans and Shaved Ribeye

This chili creates less gastric stress by using black beans and it is less spicy as well. I add dark brown sugar for extra warmth. If you don't have dark brown sugar, add 1 Tbsp. of molasses to 1/2 cup of light brown sugar. I can get shaved ribeye from Sparrow market in Kerrytown.



See <http://www.fallingwatergardens.house/Recipes/>

## Ingredients:

- 1 Tbsp. vegetable oil
- 1 onion
- 2 cloves garlic
- 1 lb. shaved ribeye
- 3 cans (15 oz.) black beans
- 1 can (14.5 oz.) crushed tomatoes
- 2 Tbsp. chili powder
- 1 Tbsp. dried oregano
- 1 Tbsp. dried basil
- 1 Tbsp. red wine vinegar
- 1/2 cup dark brown sugar
- 3 Tbsp. dark chocolate bits
- 1/2 tsp. ground cinnamon

## Equipment:

- Dutch Oven

## Black Bean Chili with Shaved Ribeye:

| ☑ | Directions  | Time (min)           |
|---|---|----------------------|
|   | Peel and dice 1 onion   | 3                    |
|   | Peel and mince 2 cloves of garlic   | 3                    |
|   | Heat 1 Tbsp. oil in a Dutch oven over medium heat   | 1                    |
|   | Cook onion and garlic until transparent   | 3                    |
|   | Add shaved beef. Stir and cook until brown.   | 5                    |
|   | Add 3 cans of black beans, 1 can of tomatoes, 2 Tbsp. chili powder, 1 Tbsp. oregano, 1 Tbsp. basil, 1 Tbsp. red wine vinegar. | 4                    |
|   | Add 1/2 cup dark brown sugar or 1/2 cup light brown sugar and 1 Tbsp. molasses  | 2                    |
|   | Add 3 Tbsp. dark chocolate bits and 1/2 tsp. ground cinnamon  | 1                    |
|   | Reduce heat to low, cover, and simmer   | 60                   |
|   | <b>Total</b>  | <b>1 hr. 22 min.</b> |