

Lamb and Black Bean Chili

- 1.5 pounds of lean ground lamb
- 1 cup chopped onion
- 2 garlic cloves, minced
- 2 (14.5 ounce) cans no-salt added whole tomatoes, undrained and chopped
- 1 cup dry red wine
- 1 tablespoon chili powder
- 1.5 teaspoons ground cumin
- 1.5 teaspoons dried oregano
- 1 teaspoon sugar
- .25 teaspoon salt
- 3 (15 ounce) cans black beans, drained
- .25 teaspoon hot sauce
- Cilantro sprigs (optional)

Combine first 3 ingredients in a Dutch oven, cook over medium heat until meat is browned, stirring to crumble. Drain in a colander; pat dry with paper towels. Wipe drippings from Dutch oven with a paper towel; return mixture to Dutch oven.

Add tomatoes and next 6 ingredients and bring to a boil. Cover, reduce, and simmer for 2 hours; stir occasionally. Stir in beans and hot sauce. Cover; simmer 30 minutes. Garnish with cilantro sprigs, if desired. Yield: 8 one cup servings.

This recipe from Cooking Light magazine was the recipe of the year.