

Java Chili



Makes:

8 servings of 1 cup/256g each

Utensil:

7 Qt./6.6 L Roaster with Cover
small mixing bowl
Whistling Tea Kettle

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Recipe:

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Recipe Description:

This quick, easy and delicious chili has a new twist - a coffee accent. In less time than it takes to drive to a fast food store this low-calorie, high-fiber, high-protein, hot, healthy meal can be on your family's table and you'll be receiving 'high-fives.'

1 pound
lean ground chicken, turkey or beef
(454
g)
1 medium onion, julienned, use Cone #2
2 cloves garlic, very finely chopped
2 heaping teaspoons/3g instant coffee, 1 cup brewed
(240
mL)
29 ounces
diced tomatoes with juice
(822
g)
2 ½ teaspoons
chili powder
(7
g)
1 teaspoon
cumin
(2
g)
½ teaspoon
salt
(3
g)
⅛ teaspoon
ground cloves
(.25
g)
15 ounces
black beans, rinsed and drained
(425

g) 15 ounces
kidney beans, rinsed and drained
(425

g) 15 ounces
pinto beans, rinsed and drained
(425

g)
Garnished with shredded cheddar cheese, sliced green onions and low-fat sour cream, if desired

Directions:

1. In roaster place, meat, onion and garlic and turn heat to medium and stir to blend. Continue to stir occasionally until meat is no longer pink, or in the case of beef, it is browned.
2. Meanwhile, place instant coffee in small bowl. Heat water in tea kettle and when boiling, pour 1 cup/240mL of water over coffee granules and stir to blend.
3. When meat is cooked place all remaining ingredients, including coffee, into roaster. Cover and when Vapo-Valve™ clicks, reduce heat to simmer and cook for 30 minutes to blend flavors.
4. Garnish, if desired, and serve hot.

Tips:

- Using roasted diced tomatoes will add flavor.
- Serve with salad and folded, no-lard tortillas.
- Substitute plain yogurt for sour cream.

Nutritional Information per

▼ <u>Serving</u>
Calories: 323
Total Fat: 6g
Saturated Fat: 2g
Cholesterol: 53mg
Sodium: 849mg
Total 39g
Carbs:
Dietary Fiber: 12g
Sugar: 6g
Protein: 29g