

Mole Chili

Pillsbury Best One Dish Meals - February - 2011

Servings: 6

Preparation Time: 30 minutes

Start to Finish Time: 7 hours 30 minutes

1 1/2 pounds lean ground beef
2 medium (1 cup) onions, chopped
6 cloves garlic, finely chopped
1 can (28 oz) diced tomatoes, undrained
1 jar (16 oz) thick n chunky salsa
2 cans (16 oz) pinto beans, undrained
2 tablespoons unsweetened baking cocoa
1 tablespoon chili powder
2 teaspoons smoked paprika
2 teaspoons ground cumin
1 1/2 teaspoons chipotle chili powder
1/2 teaspoon salt
1/8 teaspoon ground cinnamon
1/2 cup fresh cilantro, chopped

In a 12-inch skillet, cook the beef, onions and garlic over medium-high heat for 5 to 7 minutes, stirring frequently, until the beef is thoroughly cooked. Drain skillet.

Place the beef mixture into a 4 to 5 quart slow cooker.

Add the tomatoes, salsa, pinto beans, cocoa, chili powder, paprika, cumin, chipotle powder, salt and cinnamon to the slow cooker.

Cover and cook on LOW for 7 to 8 hours.

Top the individual servings with cilantro.

Per Serving (excluding unknown items): 550 Calories; 25g Fat (40.4% calories from fat); 35g Protein; 47g Carbohydrate; 17g Dietary Fiber; 85mg Cholesterol; 281mg Sodium. Exchanges: 3 Grain(Starch); 3 1/2 Lean Meat; 1 Vegetable; 3 Fat.