



Ham Cuisine

by Kristin, K6PEQ

(From RF September 2011)

Black Bean Pork Chili

Ingredients:

1 pound lean ground pork
1 medium red OR green bell pepper, chopped
1 medium onion, chopped
4 cloves garlic, minced
1 1/2 teaspoons ground cumin
2 15-oz. cans black beans, rinsed and drained
1 14 1/2-oz. can diced tomatoes, undrained
1 cup water
2 teaspoons dried oregano, crushed
1/2 teaspoon salt
1 teaspoon lime juice
Shredded Cheddar cheese
Nonstick cooking spray
Flour tortillas (optional)

Cooking Directions:

Coat heavy, large covered pot with nonstick cooking spray. Heat over medium-high heat. Add pork, bell pepper, onion, garlic and cumin. Cook and stir until pork is brown and vegetables are tender, stirring occasionally. Drain off fat. Stir black beans, undrained tomatoes, water, oregano and salt into mixture in pot. Bring to boiling; reduce heat. Simmer, covered, for 30 minutes. Uncover; simmer about 15 minutes more or until desired consistency. Stir in lime juice. Ladle into soup bowls. Sprinkle each serving with Cheddar cheese. Serve with tortillas, if desired.

Serves 4 to 6.

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