

Spicy Chili

1 Tablespoon extra-virgin olive oil
1½ cups chopped celery
1½ cups chopped green pepper
1 cup chopped onion
3 cloves minced garlic
2 28 oz. cans diced tomatoes
2 10 oz. cans red kidney beans, rinsed and drained
½ cup raisins
¼ cup red wine vinegar
1 Tablespoon chili powder
1 Tablespoon chopped parsley or 1 teaspoon dried
1 teaspoon salt (optional)
1½ teaspoons dry basil
1½ teaspoons dry oregano
1½ teaspoons ground allspice
1 teaspoon ground cumin
¼ teaspoon pepper
¼ teaspoon hot pepper sauce
1 bay leaf
1 12 oz. can beer
¾ cup cashews or walnuts

Heat oil in 4½ - quart pan. Add celery, onion, peppers, and garlic. Cook, covered, until tender but not brown. Stir in undrained tomatoes, beans, raisins, vinegar, chili powder, parsley, salt, basil, oregano, allspice, cumin, pepper, pepper sauce, and bay leaf.

Bring to a boil, reduce heat and simmer, covered, for 1½ hours. Stir in beer and cashews or walnuts. Return to boiling, simmer uncovered 30 minutes more or until desired consistency. Remove bay leaf.

Serves 8. *Per serving: 256 calories, 8.5 grams fat, 37 grams carbohydrate, 355 mg sodium, 0 mg cholesterol, 7.5 grams fiber.*

This recipe came from my sister-in-law in Vermont traveled via Mom back to Asheville. I have never been a big chili fan, until now. This is the best chili I have ever eaten! The unique ingredient combination may not sound appealing, but it is truly rich and delicious. Don't be intimidated by the lengthy list of ingredients - the recipe goes together quickly. I already reduced the salt and oil from the original recipe by half. You may want to leave the salt and oil out altogether. Non-alcoholic beer can be substituted for regular beer. Enjoy!

Your Partners in Health, *Candace and Lesley*