

Black Bean Chili, featuring Kielbasa

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Sherwood Forest 4-H Club

1-1/2 pounds turkey kielbasa, sliced and quartered
2 tablespoons olive oil
2 cups chopped onion
4 to 8 cloves chopped garlic
1 each green and red bell pepper, chopped
One 15-ounce can diced tomatoes with juice
One 14-ounce can chicken broth
Four 15-ounce cans of black beans, drained
3 tablespoons chili powder
2 teaspoons cumin
2 tablespoons sugar
1 tablespoon oregano
2 tablespoons red wine vinegar
3 bay leaves

Brown kielbasa in olive oil, set aside. Sauté onion, garlic and peppers in remaining oil, until soft. Add remaining ingredients (except meat). Simmer 30 minutes. Add kielbasa back into pot. Simmer 10 minutes more.

Remove bay leaves and serve with condiments such as sour cream, grated cheese and chopped onions.