

Seasons 52's Beef and Black Bean Chili

Hands on: 30 minutes

Total time: 2 hours, plus one hour for marinating beef

Serves: 12

The restaurant suggests using chuck, shoulder or round for the beef in this chili, or substituting venison, lamb or bison.

2 tablespoons all-purpose flour

1 1/2 tablespoons chili powder

1 1/2 tablespoons paprika

1 1/2 tablespoons ground cumin

1 tablespoon kosher salt

1/2 teaspoon freshly ground black pepper

1 1/2 pounds beef, trimmed of fat and cut into 1/2-inch cubes

2 tablespoons canola oil

1 onion, finely chopped

2 red bell peppers, seeded and diced small

2 poblano peppers seeded and diced small

3 fresh garlic cloves, minced

1 jalapeno pepper, seeded and minced fine

4 tablespoons chopped fresh oregano

2 (12-ounce) bottles Guinness stout or other dark beer

2 cups tomato sauce

1 tablespoon Chipotle Tabasco

2 (15-ounce) cans low-sodium black beans, drained and rinsed

1/2 cup fresh lime juice

1/4 cup chopped fresh cilantro

1/4 cup chopped fresh parsley

Cornbread, sprigs of cilantro and parsley and low-fat sour cream for garnish

In a small bowl, stir together flour, chili powder, paprika, cumin, salt and pepper. Rub beef cubes with spice mixture, making sure to cover all sides. Put beef in large bowl, cover and marinate in refrigerator for one hour or overnight.

Preheat oven to 325°F.

In a large heavy saucepan, heat oil over medium-high heat. Add beef cubes and sear until crispy and browned on all sides. Do not crowd pan. If necessary, brown beef in batches. As beef is done, remove and set aside.

Reduce heat to medium and add onions, bell peppers, poblano peppers and garlic. Cook 3 minutes, stirring often. Add jalapeno and oregano and continue to cook and stir for 1 minute. Remove vegetables from pan and set aside.

Pour beer into pan and stir to dissolve browned bits on the bottom of the pan. Bring beer to a boil and cook until reduced by half, about 4 minutes. Add tomato sauce and Tabasco and bring mixture to a simmer. Add reserved beef. Cover pan, transfer to the oven and bake 1 hour, or until beef is very tender.

When beef is tender, add black beans and reserved vegetables. Cover and bake for 15 minutes.

Remove chili from oven. Stir in lime juice, cilantro and parsley. Serve chili in bowls, garnished with a dollop of sour cream and cilantro and parsley sprigs and cornbread.

Per serving: 267 calories (percent of calories from fat, 43), 15 grams protein, 21 grams carbohydrates, 6 grams fiber, 12 grams fat (4 grams saturated), 33 milligrams cholesterol, 487 milligrams sodium.