

Goat and Vegetable Chili

By Catherine Ellison

Serves 8-10

I have modified this recipe from a Weight Watcher's cookbook, so it is low in fat and high in fiber. It is perfect for days when you are not sure what time dinner will be served, since it gets better the longer you cook it.

Ingredients:

- 1 lb ground goat
- 4 onions, coarsely chopped
- 4 celery stalks, chopped
- 2 yellow bell peppers, seeded and diced
- 2 10 oz packages mushrooms, quartered or sliced
- 1 jalapeño pepper, seeded and diced
- 2-4 large garlic cloves, minced or pressed in a garlic press
- 4 14.5 oz cans diced tomatoes
- 2 15.5 oz cans black beans, drained and rinsed
- 4 tablespoons tomato paste
- 3 tablespoons chili powder
- 1 tablespoon ground cumin
- 1 tablespoon Mexican oregano
- 2 tablespoons salt
- 20 grinds pepper

Cooking tools

- 1 large saucepan with lid
- Spatula or spoon
- Knife and cutting board
- Garlic press (optional)

Brown goat in saucepan on high heat, breaking up with spoon or spatula until crumbly, 5-10 minutes. Drain off any fat.

Add onions, celery, mushrooms, jalapeño, and garlic. Cook on high heat until the vegetables are softened (a good way to tell is that the onions become clear), about 10 minutes, stirring every minute or so.

Add canned tomatoes (entire contents of all cans), beans, tomato paste, chili powder, cumin, oregano, salt, and pepper. Stir mixture together and allow to come to a boil.

Reduce heat to medium high, cover, and cook for one hour, stirring occasionally.

The chili is now ready to eat, but the longer you cook it, the better it gets. If you have more time, remove lid and cook on medium to low heat, stirring every 15 minutes, until time to serve.