

MEXICAN CHILI MOLE

1 T olive oil	2 T minced fresh basil
3 large onions, sliced (4 cups)	¼ c vinegar
1 16 oz can Great Northern beans, rinsed & drained	¼ c unsweetened cocoa
2 celery ribs, including leaves (chopped)	2 T chili powder
3 cloves garlic, minced (1 tablespoon)	1 10 oz can whole kernel corn
1 16 oz can red kidneys, rinsed & drained	3 c grated Jarlsberg cheese, divided
1 16 oz can tomato sauce	
chopped red & white onion for garnish	

Heat oil in a large saucepan, sauté onion, celery and garlic until translucent, about 5 minutes. Stir in tomato sauce, vinegar, cocoa, chili powder and basil; simmer 15 minutes, stirring occasionally. Add white & red kidney beans and corn, simmer 15 minutes longer. Stir in 2 cups of the cheese. Sprinkle remaining 1 cup cheese on top of chili before serving. Garnish as desired.

Makes 6 to 8 servings.

Calories: 320, Carbohydrate: 34 grams, Protein: 23 grams, Fat: 10 grams.