

North Dakota Chilly

Yield: 10 servings

Ingredients:

3 tablespoons ground flaxseed
1½ pounds ground meat (beef, pork, turkey or a combo)
2 cups chopped onions
8 garlic cloves, minced
1 cup diced carrots
6 tablespoons canola oil
2 14.5-ounce cans fat-free chicken broth
½ cup cider vinegar
½ cup each—wheat berries, rye berries and pearl barley
1 cup water
1 cup chokecherry jelly
2 tablespoons dry mustard
2 teaspoons red pepper flakes
1 15.5-ounce can pinto beans, rinsed and drained
1 15.5-ounce can navy beans, rinsed and drained
salt and freshly ground black pepper to taste
roasted sunflower seeds and soybeans (optional)
chopped parsley (optional)

Procedure:

Mix flaxseed with ground meat and brown in skillet. Drain and set aside. Saute over medium heat the onions, garlic and carrots in oil until onions are translucent. In a Dutch oven, combine meat, vegetables and broth. Bring to a simmer. Add the vinegar and grain berries.

Simmer (covered) for about 40 minutes. Add the barley and water. Simmer for about 30 minutes more and then add the jelly, dry mustard, pepper flakes and beans. Continue cooking, uncovered now, until all ingredients are heated through, about 20 minutes. Adjust the flavor with salt and pepper. Ladle into individual serving bowls and, if desired, garnish with sunflower seeds, soybeans and parsley.

about 530
calories and
22 grams of
fat per
serving

Each serving also provides about 75 percent of the daily recommendation for vitamin A, as beta carotene from the carrots, and 24 percent of the daily recommendation for iron.

NDSU Agriculture Communication

Prairie Fare



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