



Chili Cookoff Recipes

Gourmet Department – January 4, 2024



GREEN VALLEY QUICK RED KIDNEY BEAN CHILI

made by Helene Hughes

Ingredients:

1 TBSP vegetable oil
1 small onion diced (about 3/4 cup)
1/2 green pepper - seeded, cored and diced (about 1/2 cup)
2 celery stalks diced (about 1/2 cup)
3 TBSP chili powder
1 tsp ground cumin
3/4 tsp kosher salt
1/2 tsp ground pepper
1 28-oz can crushed tomatoes
2 15.5-oz cans red kidney beans, drained and rinsed
2 TBSP tomato paste

Optional toppings:

Cheddar cheese, diced onion, avocado, sour cream, sliced scallions

Steps:

Heat oil in large saucepan over medium-high heat.

Add onion, green pepper and celery. Sauté until tender, about 8 minutes.

Add chili powder, cumin, salt and pepper. Sauté 1 minute

Stir in crushed tomatoes, red kidney beans and tomato paste.

Bring to a boil, then reduce heat to low and simmer uncovered, stirring occasionally about 15 minutes. Can be made up to 3 days ahead and freezes well up to 3 months.

Serve with optional toppings.

FRUIT-AND-NUT CHILI from BETTER HOMES AND GARDENS TEST KITCHEN

made by Colleen Marsh

Ingredients:

1 1/2 lb lean ground beef
4 medium onions chopped (about 2 cups)
3 cloves garlic minced
2 16-oz cans tomatoes, cut up
1 15-oz can tomato sauce
1 14 1/2-oz can chicken broth
3 medium green, red *and/or* yellow sweet peppers chopped (about 2 1/4 cups)
2 4-oz cans diced green chili peppers drained
2 cooking apples (i.e. Granny Smith or Jonathan) cored and chopped
3 TBSP chili powder
2 TBSP unsweetened cocoa powder
1 TBSP curry powder
1 tsp ground cinnamon
1 15-oz can red kidney beans drained
2/3 cup slivered almonds

Optional toppings:

Raisins, cheddar cheese, plain yogurt or sour cream

Steps:

In a large Dutch oven cook beef, onions and garlic till meat is brown.

Drain off fat.

Stir in *undrained* tomatoes, tomato sauce, broth, peppers, green chili peppers, apples, chili powder, cocoa, curry and cinnamon.

Bring to a boil; reduce heat.

Cover and simmer for 1 hour.

Add kidney beans and almonds. Heat through. Serve with optional toppings, if desired.

WHITE TURKEY CHILI

Made by Louise Palagyi

Ingredients:

1 TBSP olive oil
3 lbs ground turkey meat (white, dark or combination)
2 yellow onions chopped (about 2 cups)
2 ribs celery chopped (about 1 cup)
2 large carrots chopped (about 1 cup)
2 red bell peppers chopped (about 2 cups)
2 green bell peppers chopped (about 2 cups)
2 large garlic cloves minced
2 tsps ground cumin
2 TBSP chili powder
2 14-oz cans white beans drained
2 14-oz cans chickpeas drained
1 TBSP salt
3 cups chicken stock
1/4 cup fresh cilantro, chopped or parsley

Optional garnish:

Cheddar cheese grated
Sour cream
Green onions chopped

Steps:

Heat large Dutch oven or stockpot over medium high heat. Add the olive oil and brown the ground turkey in batches. Set the browned meat aside and reserve. Drain off most of the fat and discard.

Return the Dutch oven to heat and add onion, celery, carrot, peppers and garlic. Cook together over medium heat until tender - about 6-8 minutes.

Add the cumin and chili powder and stir well to coat all vegetables. Continue to cook for 4-6 minutes. Return the ground turkey to the pot and add the white beans, chickpeas and chicken stock. Season with salt and simmer 45-60 minutes.

Stir in cilantro and serve with choice of garnish.

ARGENTINIAN VEGETARIAN CHILI EMPANADAS

Made by Nancy Adair

Ingredients:

Beans, tomato paste, cornstarch, chili pepper powder, zucchini, peas, potatoes, onion, scallions, carrots, garlic, black pepper, cumin, smoked paprika.

Fill your favorite pastry cutouts with your preferred mixture of sautéed ingredients and bake (you can find many tips online).

Dipping sauce:

Mix sour cream, mayonnaise, dash of Tobacco, mustard, dash of ketchup to taste.

MARTY'S MUSINGS CORN BREAD MUFFINS

Made by Kathy Babcock

Ingredients:

2 boxes Jiffy corn muffin mix
1 cup sour cream
3 eggs beaten
1/2 cup melted butter or margarine
1 tsp salt
1 16-oz can of creamed corn undrained

Steps:

Mix all ingredients together and pour into a greased muffin pan or use baking cups.
Bake at 375 degrees for 20 minutes or until top is light brown.