

# Chili

| <u>Ingredient</u>      | <u>Quantity</u>                      | <u>Instruction</u>       |
|------------------------|--------------------------------------|--------------------------|
| ground meat            | 1 lb.                                | optional                 |
| olive oil              | 1/4 cup                              |                          |
| yellow onion           | 1 large                              | diced                    |
| diced tomatoes         | 1 regular sized can                  |                          |
| diced roasted tomatoes | 1 regular sized can                  |                          |
| black beans            | 1 regular sized can                  |                          |
| red kidney beans       | 1 regular sized can                  |                          |
| cannelloni beans       | 1 regular sized can                  |                          |
| garlic                 | 8 cloves                             | minced                   |
| salt                   | 2 tsp                                |                          |
| cumin                  | 1 TBLSP                              |                          |
| bay leaves             | 2                                    |                          |
| smoked paprika         | 1 tsp                                |                          |
| roasted hatch peppers  | 1/4 cup to 1 cup                     | depending on spice level |
| OR                     |                                      |                          |
| chili powder & cayenne | 2 tsp chili powder & 1/2 tsp cayenne |                          |
| kale or cabbage        | 2 cups                               | finely shredded          |
| Worcestershire sauce   | 1 TBLSP                              |                          |

- In a very large, heavy pot, heat up the oil.
- If using meat (chicken, turkey, or beef), brown it in the oil over medium heat. Use a flat bottomed wooden spatula to keep separating and turning the meat until it is all browned and the pieces are small crumbles. Remove the browned meat from the pan, leaving the remaining oil.
- Sauté the onion for 3 to 4 minutes in the same oil in the same pan, stirring often.
- If you have roasted hatch peppers, remove the charred skin from the peppers, remove the tops and the seeds, and chop the peppers into small pieces.
- Add the meat back to the pot, along with the tomatoes, the liquid from the canned beans (don't add the beans yet), the garlic, salt, cumin, bay leaves, smoked paprika, and the roasted hatch peppers. If you don't have roasted hatch peppers, then add chili powder & cayenne pepper instead.
- Simmer gently for one hour.
- Stir in the chopped kale or cabbage and simmer another 20 minutes.
- Stir in the Worcestershire sauce and the beans, and simmer another 10 minutes.
- Adjust spices.

**NOTE:** If the spice level is too hot for anyone, add sour cream or yogurt to the top of the chili. You can stretch leftover chili by adding rice to it. The shredded cabbage adds great texture.