

Chili

<u>Ingredient</u>	<u>Quantity</u>	<u>Instruction</u>
ground meat	1 lb.	optional
olive oil	¼ 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	¼ cup to 1 cup	depending on spice level
OR		
chili powder & cayenne	2 tsp chili powder & ½ 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.