

MILD CHILI RECIPE

Serves 8-10

Preparation time: 15 minutes + 30 minutes to simmer

Ingredients:

- 2 pounds 85/15 ground beef, or ground turkey
- 1 Tablespoon Canola oil
- 1 large sweet onion, chopped
- 2 Tablespoons (1/4) red pepper, chopped
- 2 Tablespoons (1/4) green pepper, chopped
- 2 ribs celery, chopped
- 2 cloves garlic, peeled, minced
- 2 14-ounce cans stewed tomatoes (see tip below)
- 1 28-ounce can crushed tomatoes
- 1 12-ounce jar chili sauce
- 2 14-ounce cans kidney beans, drained
- 1 Tablespoon tomato paste
- 1 Tablespoon dried minced onion
- 1 teaspoon celery seed
- 1 Tablespoon cumin
- 1 Tablespoon sugar
- 1 Tablespoon chili powder
- ½ teaspoon sea salt
- ½ teaspoon pepper

Topping:

- 1 cup Mexican blend shredded cheese
- 1 cup sour cream

Directions:

Using a food processor saves you a lot of chopping time. Add onion, red pepper, green pepper, celery and garlic to the food processor and pulse chop 4-5 times. You just want to chop the ingredients, not liquefy them.

In a large pot sauté the chopped ingredients in the heated Canola oil until the onions are translucent. Add ground beef or ground turkey, salt and pepper. Cook until the meat is brown, but not dry. Add the canned tomatoes, chili sauce, beans, tomato paste, dried minced onion and spices. Stir and bring to a boil. Lower the heat and simmer 30 minutes or longer. Put the lid on if you want a thinner chili. Leave it off for a thicker consistency.

Tips:

If your family doesn't like chunks of tomato in their chili you can quickly crush the stewed tomatoes in a food processor or blender. (I crush one can at a time in my mini food processor).

Serving Suggestions:

Serve chili in a cereal-sized bowl garnished with the shredded cheese and a dollop of sour cream. Offer saltines, tortilla chips or cornbread with a small side salad.

Leftover chili is even better once the flavors have a chance to mingle overnight.

Serve the chili over a bed of lettuce topped with shredded cheese, crushed tortilla chips and a dollop of sour cream.

Chili stuffed taco shells are a quick and easy snack or lunch for the kids, too. (I added taco shells to the Grocery List).

Chili burritos are another alternative. Just spoon warmed chili on a heated tortilla, top with Mexican shredded cheese and crumbled tortilla chips (for that yummy crunch) then fold that bad boy up and enjoy.

Chili hot dogs (turkey or beef) are also a satisfying choice.