

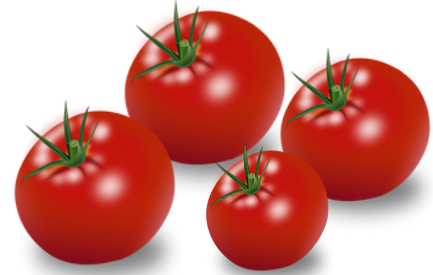
Formula for a Basic Chili



2-3 cans beans
or 1lb dried
beans, cooked



1-2 lb. ground meat



4 fresh or canned
tomatoes



1 pepper (hot or mild)



1 garlic clove



2-3 T. chili powder



1 onion, diced



salt & pepper



olive oil

Directions:

Add ~2 T oil to a pan, add the ground protein, the onions and the garlic. Cover, stir frequently until cooked well and ground meat crumbles. Once protein is cooked thoroughly, add the tomatoes and beans. Stir well. Consider adding other vegetables of choice at this time. Add the chili powder. Stir well, salt and pepper to taste. Let this simmer for 1-2 hours on low, or in the crockpot all day! Top with toppings of choice!

Formula for a Basic Chili

Optional Veggies:

1-2 Leeks, sliced thin and
diced 1 roasted winter squash
2 green cubes (blanched,
pureed and frozen greens)
2-3 roasted carrots, chopped
2 sweet potatoes, diced and
roasted
1 bell pepper
1 hot pepper
diced corn, raw off the cob
V-8 Juice

Toppings:

Shredded cheddar cheese
Sour Cream
Salsa
Crackers or Tortilla Chips
Olives

Spice Options:

Cumin
Cocoa
Beer
Cinnamon
Granulated Onion
Granulated Garlic
Cayenne pepper
Brown Sugar
Smoked Paprika
Mexican oregano
Honey

How to Freeze:

Let cool to room temperature. Freeze in freezer safe bag for 3 months. To prepare from frozen, let thaw and warm up on stove or crockpot.

Easy Basic Crockpot Chili

If you want a basic template for a crock-pot chili, this is it! Serves 4-5.

INGREDIENTS:

- 1 1/2 pounds lean ground beef
- 1 onion, chopped
- 1 small green bell pepper, chopped
- 2 garlic cloves, minced
- 2 (16-ounce) cans red kidney beans, rinsed and drained
- 2 (14-1/2-ounce) cans diced tomatoes
- 2 to 3 T chili powder
- 1 tsp salt
- 1 tsp pepper
- 1 tsp ground cumin

DIRECTIONS:

Cook first 4 ingredients in a large skillet over medium-high heat, stirring until beef crumbles and is no longer pink; drain.

Place mixture in 5-quart slow cooker; stir in beans and remaining ingredients. Cook at HIGH 3 to 4 hours or at LOW 5 to 6 hours.

Cadie's Chili

This is all a "suggestion!" Use this as a template depending on what you have on hand!

INGREDIENTS:

Oil of choice

1-2 pounds ground protein (turkey, beef, etc)

1 onion, chopped

1-2 leeks (if I have them)

1-2 minced garlic cloves (depending on how garlicky you like it)

1-2 roasted squashes (butternut, acorn, or even sweet potatoes)

4 cans diced tomatoes (or frozen) or some fresh

2-3 cans beans, rinsed and drained (black beans, chili beans, etc)

salt and pepper to taste

2-3 T chili powder (or more depending on your taste)

3-4 green cubes (blanched and pureed greens from earlier in the season)

DIRECTIONS:

Add ~2 T oil to a pan, add the ground protein, the onions, leeks and the garlic. Cover, stir frequently until cooked well.

Once protein is cooked thoroughly, add the tomatoes and beans. Stir well.

Add the squash, it should be previously roasted/cooked. Just remove the skin, smash up a little and stir into chili.

Add the chili powder. Add the green cubes if you have them. Stir well, salt and pepper to taste.

Let this simmer for 1-2 hours on low, or in the crockpot all day! Make sure that you stir in the green cubes well once they thaw in the chili.

Done! Enjoy over the next few days or freeze in individual portions!

Cinnamon Laced Cincinnati Chili

Adapted from CookingLight.com Serves 6.

INGREDIENTS:

- 2 T oil
- 1 ½ pounds beef chuck, cubed
- 2 cups chopped yellow onion
- 1 ½ cups seeded and chopped poblano chile
- 8 garlic cloves, chopped
- 2 T chopped fresh oregano
- 1 T unsalted tomato paste
- 1 ½ tsp ground cumin
- 2 ½ cups unsalted chicken stock
- 2 T paprika

DIRECTIONS:

Heat oil in a large Dutch oven over high. Add beef, and cook 8 minutes or until browned on all sides, turning occasionally. Place on a plate.

Add onion, poblano, and garlic to Dutch oven, and cook 5 minutes, stirring frequently. Add oregano, tomato paste, and cumin, and cook, stirring constantly, 1 minute and 30 seconds.

Stir in stock, paprika, vinegar, brown sugar, Worcestershire, salt, and cinnamon sticks; bring to a boil. Reduce heat to medium. Add browned beef, cover, and simmer 45 minutes or until beef is tender, stirring occasionally.

Remove cinnamon sticks; discard. Stir in beans; serve. Sprinkle each serving with shredded cheese and chives.

Texas Chili

Adapted from Epicurious.com. Serves 4.

INGREDIENTS:

2 ounces dried, whole New Mexico (California), guajillo, or pasilla chiles, or a combination (6 to 8 chiles)

1 ½ tsp ground cumin seed

½ tsp freshly ground black pepper

Kosher salt

5 T lard, vegetable oil, or rendered beef suet

2 ½ pounds boneless beef chuck, well trimmed and cut into ¾-inch cubes

1/3 cup finely chopped onion

3 large cloves garlic, minced

2 cups beef stock, or canned low-sodium beef broth, plus more as needed

2 ¼ cups water, plus more as needed

2 T masa harina (corn tortilla flour)

1 T firmly packed dark brown sugar, plus more as needed

1 ½ T distilled white vinegar, plus more as needed

Sour cream

Lime wedges

DIRECTIONS:

Place the chiles in a straight-sided large skillet over medium-low heat and gently toast the chiles until fragrant, 2 to 3 minutes per side. Don't let them burn or they'll turn bitter. Place the chiles in a bowl and cover them with very hot water and soak until soft, 15 to 45 minutes, turning once or twice. Drain the chiles; split them and remove stems and seeds (a brief rinse helps remove seeds, but don't wash away the flesh). Place the chiles in the bowl of a blender and add the cumin, black pepper, 1 tablespoon salt and 1/4 cup water. Purée the mixture, adding more water as needed (and occasionally scraping down the sides of the blender jar), until a smooth, slightly fluid paste forms (you want to eliminate all but the tiniest bits of skin.) Set the chile paste aside.

Return skillet to medium-high heat and melt 2 tablespoons of the lard. When it begins to smoke, swirl skillet to coat and add half of the beef. Lightly brown on at least two sides, about 3 minutes per side, reducing the heat if the meat threatens to burn. Transfer to a bowl and repeat with 2 more tablespoons of lard and the remaining beef. Reserve.

Let the skillet cool slightly, and place it over medium-low heat. Melt the remaining 1 tablespoon of lard in the skillet; add the onion and garlic and cook gently for 3 to 4 minutes, stirring occasionally. Add the stock, the remaining 2 cups water and gradually whisk in the masa harina to avoid lumps.

Stir in the reserved chile paste, scraping the bottom of the skillet with a spatula to loosen any browned bits. Add the reserved beef (and any juices in the bowl) and bring to a simmer over high heat. Reduce heat to maintain the barest possible simmer (just a few bubbles breaking the surface) and cook, stirring occasionally, until the meat is tender but still somewhat firm and 1 1/2 to 2 cups of thickened but still liquid sauce surrounds the cubes of meat, about 2 hours.

Stir in the brown sugar and vinegar thoroughly and add more salt to taste; gently simmer 10 minutes more. At this point, it may look like there is excess sauce. Turn off the heat and let the chili stand for at least 30 minutes, during which time the meat will absorb about half of the remaining sauce in the skillet, leaving the meat bathed in a thick, somewhat fluid sauce.

Stir in additional broth or water if the mixture seems too dry. If the mixture seems a bit loose and wet, allow it to simmer a bit more (sometimes we like to partially crush the cubes of beef with the back of a spoon to let them absorb more sauce). Adjust the balance of flavors with a bit of additional salt, sugar, or vinegar, if you like. Reheat gently and serve in individual bowls with a dollop of sour cream on top and a lime wedge on the side.