

CHILI RECIPE

two ways

Serves 8-10ish

cooks note's:

Now this is a very "american chili" one with lots of spice. I wouldn't call it a texas chili, either, just some version I've adapted over time and keep adapting. Hope you enjoy it.

If you choose to skip the meat, I would suggest using 5 cans of beans instead, and you could use a mix of red kidney, cannellini, and northern beans(could go nice here). I wouldn't use garbanzo beans in this, save that for another day. Or just all one flavor bean if that's all you've got.

INGREDIENTS:

2 lbs ground beef (i like 80%/20% here, but 85% fat could work, also pasture raised is my go to)

3 red onions chopped

1 small red chili pepper (finely chopped, seeds and all)

4 red peppers chopped (a mix of yellow, orange red works too)

6 cloves of garlic (peeled and thinly sliced)

3 cans of kidney beans, in liquid (use 4 if you want bean heavy)

1 small can of tomato paste, (I use about 1/2 the can, 3 TBSP if using a tube)

2 cans whole peeled tomatoes (crush them by hand in bowl)

2 cups dry red wine

spices:

1 teaspoon cumin (if bold use 2 teaspoons)

2 teaspoons smoked paprika

pinch of chili powder

1/4 teaspoon cayenne pepper (leave out if don't want to spicy)

If you can find it, I like to add 1 -2 teaspoons of Old Bay seasoning salt to the mix as well, but go slow since it has salt in it

Kosher Salt

Fresh ground Black pepper

EVOO

METHOD:

1. In a large heavy bottom pot, or dutch oven, bring to medium high heat, put in enough EVOO to coat the pan and sauté all your veggies except the chopped chili pepper and garlic. Add a good pinch of salt and pepper, we aren't browning our veg so you can add

at the beginning. Once the veggies are pretty translucent add your garlic and chilies and cook until fragrant. Then if using meat, push your veg to the sides of your pot, add the meat in the middle and brown a bit for 1-3 min, then incorporate all the meat and veg together. Let this cook together on medium heat for about 10 min, until your meat isn't pink and it smells wonderful. Add all your dry spices, more salt and pepper. give a good stir.

2. Turn up your heat a bit, add in the beans to your mixture, juices and all. Then the tomato paste, and hand crushed tomatoes. Bay leaf if using, and red wine. After mixing up a bit, let it simmer until you see little bubbling on top, (keep the lid off while this is getting to this point) Closing the lid will cause the pot to heat faster, and then burn quickly on the bottom, so low and slow is your friend. Sometimes I add a few dashes of tapatio hot sauce too.

3. Let the chili simmer for 1 hour on low. I like to keep the lid askew, and stir it each hour that it is cooking. You can eat in an hour, but I think reheating the next day on low, for several hours makes for extra flavor.

We love serving with Basmati rice, cilantro, (maybe cheese) . I love adding avocado and yogurt to cut my heartburn down. :) you get the idea. Also don't forget to serve a nice fresh salad to accompany.

4. PRO TIP: Make the night before and let simmer overnight for extra depth. This chili is one for a CROWD. I made it ahead last week for a dinner hang out with our 7 adult friends, and 6 kids. I stressed less, and all I had to do the next day was reheat, and make rice! So feel free to double this, or triple.