



Chili Madness

BIG RED CHILI

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| 1 tbsp (15 mL) oil | 1/2 tsp (2 mL) oregano, crumbled |
| 1 lb (0.5 kg) lean ground beef | 1 can (28 oz/796 mL) diced tomatoes |
| 1 1/2 cups (375 mL) chopped onions | 3 cans (14 oz/398 mL each) kidney beans, rinsed and drained |
| 1 cup (250 mL) shredded carrots | 1 can (10 oz/284 mL) beef broth |
| 4 cloves garlic, finely chopped | 1 small can diced green chilies |
| 2 tbsp (25 mL) chili powder | 1 1/2 cups (375 mL) frozen kernel corn, thawed |
| 1 1/2 tsp (7 mL) cumin | |
| 1 tsp (5 mL) salt | |

Heat oil in a Dutch oven over medium heat. Add beef and cook, stirring to break up beef, until browned, about 7 - 10 minutes. Drain off excess fat. Add onions, carrots and garlic; saute for 5 minutes. Stir in chili powder, cumin, salt and oregano; cook, stirring, for 1 minute. Stir in tomatoes, beans, broth, chilies and corn. Bring to a boil. Reduce heat and simmer, uncovered, for 20 minutes. Serves 6.

SMALL BATCH CHILI

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| 1 tbsp (15 mL) oil | 1/4 tsp (1 mL) salt |
| 1 lb (0.5 kg) lean ground beef | 1 cup (250 mL) water |
| 2/3 cup (150 mL) chopped onion | 1 can (14 oz/398 mL) chili-style pinto and red kidney beans |
| 1 clove garlic, crushed | 2 tbsp (25 mL) tomato paste |
| 1 tbsp (15 mL) chili powder | |
| 1/4 tsp (1 mL) oregano, crumbled | |

Heat oil in a large frypan over medium heat. Add beef, onion and garlic. Cook, stirring to break up beef, until browned, about 7 - 10 minutes. Drain off excess fat. Stir in chili powder, oregano and salt; cook for 1 minute. Stir in water, beans and tomato paste. Bring to a boil. Reduce heat; cover and simmer, stirring occasionally, for 15 minutes. Serves 2 - 3.

COCO-LOCO CHILI

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| 2 tbsp (25 mL) oil | 1 can (28 oz/796 mL) crushed tomatoes |
| 2 cups (500 mL) chopped onions | 1 cup (250 mL) water |
| 3 cloves garlic, finely chopped | 2 tbsp (25 mL) honey |
| 2 tbsp (25 mL) cocoa | 1 tsp (5 mL) salt |
| 2 tbsp (25 mL) instant coffee granules | 1/2 tsp (2 mL) red pepper flakes |
| 2 tbsp (25 mL) chili powder | 1/8 tsp (0.5 mL) cinnamon |
| 2 tbsp (25 mL) cumin | 1/8 tsp (0.5 mL) chipotle pepper sauce, optional |
| 2 tbsp (25 mL) oregano, crumbled | Sour cream, diced tomatoes, sliced green onion and shredded cheddar cheese |
| 3 cans (19 oz/540 mL each) black beans, rinsed and drained | |

Heat oil in a Dutch oven over medium heat. Add onions and garlic; saute until softened, about 5 minutes. Stir in cocoa, coffee granules, chili powder, cumin and oregano; cook just until fragrant, about 1 minute. Add next 8 ingredients (beans through chipotle pepper sauce). Bring to a boil. Reduce heat and simmer, uncovered, stirring occasionally, for 30 minutes. Serve topped with sour cream, tomatoes, green onion and cheese. Serves 6.

Call the ATCO Blue Flame Kitchen home economists, Monday to Friday, 10 a.m. to 4 p.m.

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SQUASH AND BEAN CHILI

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| 1 tbsp (15 mL) oil | 1 1/2 cups (375 mL) canned vegetable or chicken broth |
| 2 cups (500 mL) chopped onions | 2 cups (500 mL) cubed peeled butternut squash |
| 6 cloves garlic, finely chopped | 1 cup (250 mL) diced green bell pepper |
| 3 tbsp (40 mL) chili powder | 1 cup (250 mL) diced red bell pepper |
| 1 tsp (5 mL) cumin | 3 cans (19 oz/540 mL each) mixed beans, rinsed and drained |
| 1 tsp (5 mL) salt | 1/4 cup (50 mL) chopped fresh cilantro |
| 1/4 tsp (1 mL) red pepper flakes | |
| 1 can (28 oz/796 mL) diced tomatoes | |

Heat oil in a Dutch oven over medium heat. Add onions and garlic; cook for 5 minutes. Stir in chili powder, cumin, salt and red pepper flakes. Cook, stirring, for 1 - 2 minutes. Add next 6 ingredients (tomatoes through beans). Bring to a boil. Reduce heat and simmer for 20 minutes or until vegetables are tender. Chili may be prepared to this point and refrigerated for up to 24 hours. Return chili to Dutch oven and heat to serving temperature. Stir in cilantro just before serving. Serves 4 - 6.

Cook's Note: Rice or cornbread makes a nice accompaniment to this chili.

WHITE LIGHTNING CHILI

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| 4 cans (19 oz/540 mL each) white kidney beans, rinsed, drained and divided | 1/2 tsp (2 mL) salt |
| 1 can (10 oz/284 mL) chicken broth | 1/4 tsp (1 mL) cayenne pepper |
| 2 tbsp (25 mL) oil | 1/4 tsp (1 mL) cloves |
| 8 boneless skinless chicken breasts, cut into chunks | 1 can (355 mL) beer |
| 1 cup (250 mL) chopped onion | 2 cups (500 mL) frozen kernel corn, thawed |
| 1/2 cup (125 mL) chopped red bell pepper | 2 small cans diced green chilies |
| 2 cloves garlic, finely chopped | 1/4 cup (50 mL) fresh lime juice |
| 2 tsp (10 mL) cumin | 2 tbsp (25 mL) chopped fresh cilantro |
| 1 1/2 tsp (7 mL) oregano, crumbled | Sour cream |
| | Shredded cheddar cheese |

Place 2 cans of beans and broth in a blender. Puree until smooth; set aside. Heat 1 tbsp (15 mL) oil in a Dutch oven over medium heat. Add chicken in batches and brown on all sides, adding remaining oil as necessary. Transfer chicken to a plate. Add onion, red pepper and garlic to pan; saute until tender, about 4 minutes. Stir in cumin, oregano, salt, cayenne pepper and cloves; saute for 1 minute. Add pureed beans, remaining 2 cans of beans, beer, corn and chilies. Return chicken and any accumulated juices to pan. Bring to a boil. Reduce heat; cover and simmer for 30 minutes, stirring occasionally. May be prepared to this point and refrigerated for up to 24 hours or frozen for up to 2 weeks. Reheat chili before proceeding. Stir in lime juice and cilantro. Serve immediately with sour cream and cheese. Serves 8 - 10.

TAVERNA CHILI

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| 1 tbsp (15 mL) oil | 1 tsp (5 mL) salt |
| 1 lb (0.5 kg) lean ground beef | 1 can (28 oz/796 mL) diced tomatoes |
| 1 cup (250 mL) chopped onion | 1 can (19 oz/540 mL) chickpeas, rinsed and drained |
| 2 cloves garlic, finely chopped | 1 can (14 oz/398 mL) kidney beans, rinsed and drained |
| 2 tbsp (25 mL) chili powder | 2 tbsp (25 mL) honey |
| 1 tbsp (15 mL) cocoa | Shredded dry pack feta cheese |
| 2 tsp (10 mL) oregano, crumbled | |
| 1 tsp (5 mL) mint, crumbled | |
| 1 tsp (5 mL) cinnamon | |

Heat oil in a Dutch oven over medium heat. Add beef, onion and garlic. Cook, stirring to break up beef, until browned. Drain off excess fat. Stir next 6 ingredients (chili powder through salt) into pan. Cook, stirring, for 1 minute. Stir in tomatoes, chickpeas, kidney beans and honey; bring to a boil. Reduce heat; cover and simmer for 30 minutes. Serve with cheese. May be prepared in advance and refrigerated for up to 24 hours. Serves 6.

CINCINNATI CHICKEN CHILI

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| 1 tbsp (15 mL) oil | 1 jar (700 mL) tomato-based pasta sauce |
| 1 lb (0.5 kg) ground chicken | 1 can (19 oz/540 mL) kidney beans,
rinsed and drained |
| 1 cup (250 mL) chopped onion | 1/2 cup (125 mL) canned chicken broth or water |
| 2 cloves garlic, finely chopped | 2 cups (500 mL) broken spaghetti,
cooked and drained |
| 1/2 cup (125 mL) chopped green bell pepper | 1/2 cup (125 mL) shredded cheddar cheese |
| 1/2 cup (125 mL) thinly sliced celery | 1/2 cup (125 mL) sliced green onions |
| 2 tbsp (25 mL) chili powder | |
| 1/2 tsp (2 mL) salt | |

Heat oil in a Dutch oven over medium heat. Add chicken, onion, garlic, green pepper and celery. Cook, stirring to break up chicken, until chicken is completely cooked. Stir in chili powder and salt; cook and stir for 1 minute. Add pasta sauce, beans and broth. Bring to a boil. Reduce heat; cover and simmer for 15 minutes. Chili may be prepared to this point and refrigerated for up to 24 hours. Return chili to Dutch oven and reheat before proceeding. Stir in spaghetti and cook until heated through. Ladle chili into bowls. Sprinkle with cheese and green onions.

Serves 4 - 6.

Cook's Note: A chili that is served over spaghetti is often referred to as a Cincinnati chili. In our version, we use ground chicken instead of ground beef and stir the spaghetti right into the chili.

FIRE 'N SUDS CHILI

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| 6 slices thick bacon, julienned | 1 tbsp (15 mL) oregano, crumbled |
| 3 lb (1.5 kg) boneless beef chuck steak, cubed | 2 tsp (10 mL) ground ancho chile pepper |
| 1 1/2 cups (375 mL) chopped onions | 3/4 tsp (3 mL) salt |
| 2 tbsp (25 mL) finely chopped seeded
jalapeno pepper | 1/4 tsp (1 mL) ground allspice |
| 6 cloves garlic, finely chopped | 1 can (28 oz/796 mL) diced tomatoes |
| 1 tbsp (15 mL) chili powder | 1 can (28 oz/796 mL) kidney beans,
rinsed and drained |
| 1 tbsp (15 mL) ground cumin | 1 can (355 mL) beer |

Cook bacon in a Dutch oven over medium heat until crisp. Remove bacon with a slotted spoon; drain bacon on paper towels. Drain off excess fat from pan; reserve for browning beef. Add beef to pan in batches and brown on all sides, adding reserved fat as necessary. Transfer beef to a plate. Add onions to pan and saute until softened, about 5 minutes. Add jalapeno pepper and garlic; saute for 2 minutes. Add next 6 ingredients (chili powder through allspice) and saute until fragrant, about 1 minute. Stir in tomatoes, beans, beer and bacon. Bring to a boil, scraping to loosen browned bits. Return beef and any accumulated juices to pan. Bake, covered, at 350°F (180°C), stirring occasionally, for 1 1/2 - 2 hours or until meat is tender. May be prepared in advance and refrigerated for up to 24 hours. Serves 8.

Cook's Note: Hot peppers cause severe skin and eye irritation. Wear rubber gloves when handling hot peppers and avoid touching any exposed skin. The ATCO Blue Flame Kitchen used McCormick Ancho Chili Pepper in this recipe. Do not substitute with regular chili powder as the flavour will be different.

VEGETARIAN POTATO CHILI

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| 2 tbsp (25 mL) oil | 1 can (28 oz/796 mL) kidney beans,
rinsed and drained |
| 3 cups (750 mL) cubed peeled red
potatoes | 1 can (14 oz/398 mL) diced tomatoes |
| 1 cup (250 mL) chopped onion | 1 cup (250 mL) water |
| 1/2 cup (125 mL) diced green bell pepper | 1 tbsp (15 mL) tomato paste |
| 1/2 cup (125 mL) diced red bell pepper | 1 tsp (5 mL) oregano, crumbled |
| 2 cloves garlic, finely chopped | 1 tsp (5 mL) salt |
| 1 tbsp (15 mL) chili powder | 1/4 tsp (1 mL) red pepper flakes |

Heat oil in a Dutch oven over medium heat. Add potatoes, onion and bell peppers; saute for 5 minutes. Stir in garlic and chili powder; cook, stirring, for 1 minute. Stir in beans, tomatoes, water, tomato paste, oregano, salt and red pepper flakes. Bring to a boil. Reduce heat; cover and simmer, stirring occasionally, for 30 minutes or until potatoes are tender. Serves 4 - 6.

ALBERTA WHEAT BERRY CHILI

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| 3 cups (750 mL) water | 1 can (28 oz/796 mL) kidney beans,
rinsed and drained |
| 1 cup (250 mL) wheat berries | 1 can (7 1/2 oz/213 mL) tomato sauce |
| 1 tbsp (15 mL) oil | 2 cups (500 mL) canned vegetable
broth or chicken broth |
| 1 1/2 cups (375 mL) chopped onions | 3/4 tsp (3 mL) salt |
| 1/2 cup (125 mL) each diced green, red
and yellow bell pepper | 1/2 tsp (2 mL) freshly ground pepper |
| 2 cloves garlic, finely chopped | 1/4 tsp (1 mL) hot pepper sauce |
| 2 tbsp (25 mL) chili powder | |
| 1 can (28 oz/796 mL) diced tomatoes | |

Combine water and wheat berries in a saucepan. Bring to a boil over medium heat. Reduce heat; cover and simmer for 50 - 55 minutes or until wheat berries are tender but still slightly chewy. Drain; rinse with cold water and drain thoroughly. Heat oil in a Dutch oven over medium heat. Add onions, bell peppers and garlic; saute for 5 minutes. Stir in chili powder; cook, stirring, for 1 minute. Add wheat berries. Stir in remaining ingredients (tomatoes through hot pepper sauce). Bring to a boil. Reduce heat; cover and simmer, stirring occasionally, for 50 - 55 minutes. Serves 6.

Cook's Note: *Wheat berries are the whole unprocessed kernels of wheat. They can be found in natural food stores. The ATCO Blue Flame Kitchen used organic white wheat berries in this recipe.*

HEARTY SLOW COOKER CHILI

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| 1 1/2 lb (0.75 kg) boneless beef chuck steak | 1 can (14 oz/398 mL) tomato sauce |
| 1 1/2 cups (375 mL) chopped onions | 3 tbsp (40 mL) chili powder |
| 1 1/2 cups (375 mL) sliced celery | 2 tsp (10 mL) cumin |
| 1/2 cup (125 mL) diced green bell pepper | 1 tsp (5 mL) dry mustard |
| 1/2 cup (125 mL) diced red bell pepper | 1/2 tsp (2 mL) oregano, crumbled |
| 3 cloves garlic, chopped | 1/2 tsp (2 mL) paprika |
| 1 can (28 oz/796 mL) kidney beans,
rinsed and drained | 1/2 tsp (2 mL) salt |
| 1 can (28 oz/796 mL) diced tomatoes | 1/2 tsp (2 mL) freshly ground pepper |
| | 1/4 tsp (1 mL) cinnamon |

Cut beef into 1/2 inch (1.25 cm) cubes. Combine beef with remaining ingredients (onions through cinnamon) in a 4 quart (4 L) slow cooker. Cover and cook on low heat setting for 6 - 7 hours or until beef is tender. May be frozen for up to 1 month. Serves 8.

Cook's Note: *Cooking time may vary with makes and models of slow cookers. Do not substitute raw ground meat for the cubed steak in this recipe. For food safety, raw ground meat should never be cooked in a slow cooker.*

AZTEC CHILI

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| 3 lb (1.5 kg) lean ground beef | 2 cans (28 oz/796 mL each) kidney beans,
rinsed and drained |
| 3 cups (750 mL) chopped onions | 1 can (10 oz/284 mL) beef broth |
| 6 cloves garlic, chopped | 1 cup (250 mL) beer |
| 3 tbsp (40 mL) oil | 1 1/2 cups (375 mL) diced green bell peppers |
| 3/4 cup (175 mL) chili powder | 3 small cans diced green chilies, drained |
| 2 tbsp (25 mL) cumin | 1 tsp (5 mL) salt |
| 1 1/2 tbsp (22 mL) oregano, crumbled | Toppings: Shredded cheddar cheese,
sliced green onions, diced tomatoes,
sliced ripe olives and sour cream |
| 1 1/2 tsp (7 mL) allspice | |
| 1/4 cup (50 mL) cocoa | |
| 3 cans (28 oz/796 mL each) crushed tomatoes | |

In a very large heavy pot, cook beef, onions and garlic in oil until browned. Drain off excess fat. Stir in chili powder, cumin, oregano and allspice; cook and stir for 1 minute. Stir in cocoa. Stir in next 7 ingredients (tomatoes through salt); bring to a boil. Reduce heat and simmer, uncovered, for 45 minutes, stirring occasionally. Chili may be refrigerated for up to 24 hours. Reheat to serve. Serve with toppings. Serves 14 - 16.

Cook's Note: *As this recipe makes a large quantity, recipe may be halved or prepared in two Dutch ovens.*