

Soup pot, lid, wooden spoon, 1 med bowl, 1 small bowl, spatula, measuring spoons, measuring cups, can opener, cutting board, knife, 4 metal baking dishes, fork to mix, plastic spoons to serve, AND all ingredients.

Chili

1tsp Olive oil
1lb hamburger
1 onion chopped
1 small can tomato sauce
1 can tomatoes
1 can beans
2 ½ Tbsp chili powder
1tsp garlic powder
¾ tsp salt

Turn oven to Bake, 375.

Chop 1 small onion.

Turn burner to medium and add 1tbsp olive oil. Add burger, cook (3-5min), and drain.

Add chopped onion and cook for 2-3 minutes.

Add chili powder, garlic, and salt and stir.

Add tomato sauce.

Drain tomatoes, drain and rinse beans, add both in and stir.

Turn burner off.

Corn bread mix

1 cup flour
1 cup cornmeal
2/3 cup sugar
1 tsp salt
3 ½ tsp baking powder
1/3 cup melted butter
1 egg
1 cup milk

Melt butter in **small** bowl (30 seconds at a time in microwave) and set aside.

Put flour, cornmeal, sugar, salt, and baking powder in **medium** bowl and mix together.

To the butter, add milk 1st then egg, and mix.

Make a well in dry ingredients and add wet ingredients. Gently stir in until lumps are gone.

Set out your dishes and put 1 cup of chili in each dish.

Top each with ½ cup of cornbread mix, evenly distributing over top. Use spatula to smooth out to sides.

Put on cookie sheet and bake for 20 minutes. If not done cook 2-3 minutes more.

Top with cheese, then sour cream, and last green onion,

Buffalo Chicken Chili

This was the most frequently downloaded recipe from the first 180 episodes of my daytime TV show, *Rachael Ray*. It really is too good to be good for you. You can make it with ground chicken, too, but here I've used chopped whole chicken breasts.

INGREDIENTS

- 2 tablespoons EVOO (extra-virgin olive oil), twice around the pan
- 2 pounds ground chicken or chopped raw chicken
- 2 large carrots, peeled and finely chopped
- 1 large onion, chopped
- 4 celery ribs with leafy tops, finely chopped
- 4 garlic cloves, chopped
- 1 tablespoon sweet smoked paprika
- 1 bay leaf
- Salt and freshly ground black pepper
- 2 cups chicken stock
- ½ cup hot sauce, such as Frank's
- 1 (15-ounce) can tomato sauce
- 1 (15-ounce) can stewed or crushed fire-roasted tomatoes with their juices
- 1 (9 to 13-ounce) bag whole-grain tortilla chips, lightly crushed
- ¾ pound Maytag blue cheese, crumbled
- A handful of fresh flat-leaf parsley, chopped

THE ITTY BITTIES CAN:

- peel carrots
- crush chips
- crumble cheese and top chips

INSTRUCTIONS

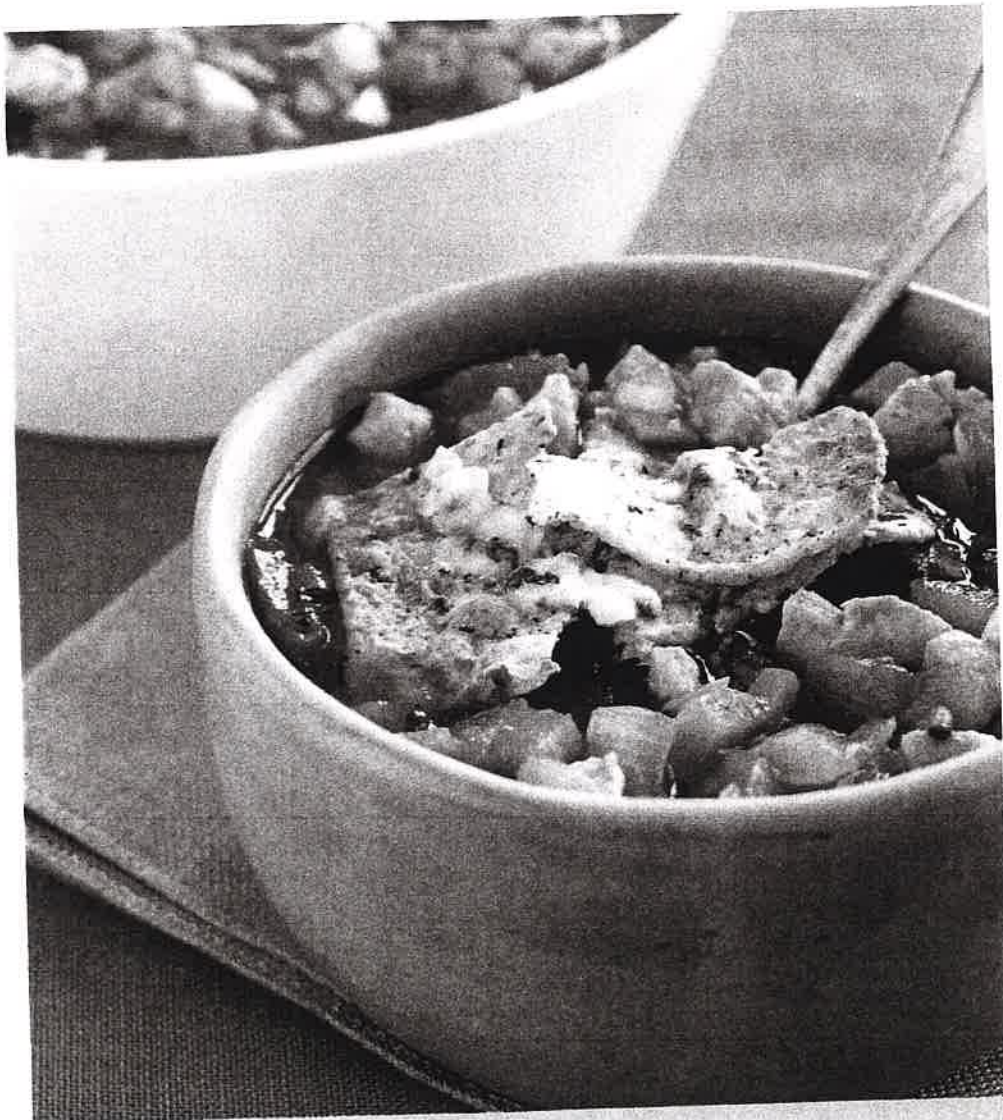
Heat the EVOO in a large pot over medium-high heat. Add the chicken and cook until it's lightly browned, breaking it up with a wooden spoon as it cooks. Add the carrots, onions, celery, garlic, paprika, and bay leaf and season with salt and pepper. Cook, stirring frequently, for 7 to 8 minutes, then add the chicken stock and stir to scrape up any brown bits on the bottom of the pot. Add the hot sauce,

tomato sauce, and the tomatoes and bring the chili up to a bubble. Simmer for 8 to 10 minutes more to bring the flavors together. Discard the bay leaf before serving.

While the chili is simmering, preheat the broiler. Spread the chips on a baking sheet and top with the crumbled blue cheese. Broil until the cheese melts, 2 to 3 minutes, then sprinkle with the chopped parsley.

Top each serving of chili with a few blue-cheese chips.

SERVES 3, OR 4 WITH SOME LEFTOVERS



White Chicken Chili

Recipe from Jody Bowman

Ingredients:

2 pounds of fully cooked hand pulled rotisserie chicken breast meat
3 cans white beans (navy beans) – rinsed
3 cans white chili beans
2 cans chicken broth or 32 ounce box
1-2 cans green chilies
½ to 1 cup chopped onion
2 cloves garlic
2 tsp chili powder
2 tsp cumin
¼ tsp cayenne pepper
Salt and pepper to taste
1 cup whipping cream
2 cups sour cream

Instructions:

1. Cut up rotisserie chicken breast into bite size pieces
2. Rinse 3 cans of white beans (navy beans)
3. Add all other ingredients except cream and sour cream into cast iron Dutch oven
4. Mix
5. Cook on medium to high heat until boiling
6. 15 minutes prior to serving add whipping cream and sour cream
7. Stir occasionally to get sour cream and whipping cream cooked in
8. Sprinkle shredded cheddar jack cheese on top of chili
9. Fritos on top are also really good

Nutrition Information:

1 cup: 219 calories, 7 g fat (3g saturated fat), 37 mg cholesterol, 644mg sodium, 21g carbohydrate (1g sugars, 7g fiber), 19g protein

Diabetic Exchanges: 2 lean meat, 1 and ½ starch, 1 fat

DINNER *then* DESSERT

Texas Chili Recipe

Texas Chili is a classic spicy bean-free chili known as "Bowl o' Red" that's smoky, beefy and full of flavor. Perfect for game day, cookouts and crockpots!

Yield	8 Servings	Course	Dinner
Prep Time	15 minutes	Cuisine	American
Cook Time	1 hour 10 minutes	Author	Sabrina Snyder
Total Time	1 hour 25 minutes		

Ingredients

- ☐ 2 tablespoons vegetable oil
- ☐ 2 yellow onions , diced
- ☐ 3 garlic cloves , finely minced
- ☐ 2 pounds ground beef , (85/15)
- ☐ 1 teaspoon kosher salt
- ☐ 1/4 cup ancho chile powder
- ☐ 2 tablespoons cumin
- ☐ 1 tablespoon paprika
- ☐ 1 tablespoon brown sugar
- ☐ 29 ounces diced tomatoes
- ☐ 6 ounces tomato paste
- ☐ 4 cups beef broth

Instructions

1. Add vegetable oil and onions to a large dutch oven on medium heat and cook until the onions are translucent, about 6-8 minutes.
2. Add the garlic, and cook for 1 minute stirring well.

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Texas Chili Recipe - Dinner, then Dessert

3. Add the ground beef, breaking apart as you cook it for 6-8 minutes but leave the chunks a bit larger, and allow the beef to sear well.
4. Add in the salt, ancho chile powder, cumin, paprika and brown sugar and stir well, cooking for 1 minute.
5. Add in the diced tomatoes, and tomato paste and whisk well until the tomato paste is well mixed in.
6. Add in the beef broth and bring to a simmer, reduce the heat to medium low and cook for 1 hour, stirring every fifteen minutes.
7. Chili is done when the beef broth is reduced to the right consistency where the ground beef is not lost in the gravy.

Nutrition

Calories: 294kcal | Carbohydrates: 12g | Protein: 27g | Fat: 16g | Saturated Fat: 8g | Cholesterol: 74mg | Sodium: 995mg | Potassium: 929mg | Fiber: 3g | Sugar: 6g | Vitamin A: 895IU | Vitamin C: 17mg | Calcium: 85mg | Iron: 6mg

Keyword: Texas Chili

as possible.

Iris Fisher

PICKLE PATCH CHILI

- ☐ 1/4 tsp red pepper
- ☐ 1/2 tsp cumin
- ☐ 1.5 tbsp chili powder
- ☐ 1 tbsp cocoa
- ☐ 1 tbsp garlic power
- ☐ 1 tbsp onion powder
- ☐ 1.5 lbs ground beef
- ☐ 1 can crushed tomatoes
- ☐ 1 can diced tomatoes
- ☐ 1/2 can water
- ☐ 1.5 small onions
- ☐ 2 cans kidney beans

In cast iron add beef and onions. In the pot put the beans, tomato and spices and stir. once the beef is browned, and the onion is soft, Put it in the large chili pot. Stir until boiled, and then simmer for as long as possible.

Easy Chili Recipe



4.93 from 81 votes

Quick and filling, this easy chili recipe can be made in the slow cooker or as a one pot 30 minute meal. Loaded with ground beef, beans, chiles and more this hearty chili is perfect for loading up with all your favorite toppings.

Prep Time 5 mins	Cook Time 30 mins	Total Time 35 mins
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Course: dinner Cuisine: American Servings: 6 Author: Serene Cost: 1.93

Equipment

- dutch oven
- wooden spoon

Ingredients

- 1 pound ground beef
- 2 cloves garlic minced
- 1/2 yellow onion diced
- 1 (15 ounce) can tomato sauce
- 1 (14.5 ounce) can diced tomato
- 1 (7 ounce) can diced green chiles
- 1 (15 ounce) can kidney beans drained and rinsed
- 1 (15 ounce) can black beans drained and rinsed
- 2 tablespoons chili powder
- 2 teaspoons cumin
- 1/2 teaspoon black pepper
- 1/2 teaspoon salt
- 2 teaspoons garlic powder
- 1 teaspoon brown sugar

Toppings

- sour cream
- cheese shredded
- green onion

Instructions

Slow Cooker Directions:

1. **Cook Beef:** Add the ground beef and onion to a medium size skillet. Cook over medium heat until the onion is soft and the beef is completely cooked. Add the garlic and cook an additional 30 seconds.
2. **Drain:** Remove from heat, drain grease, and add meat mixture to the crockpot.
3. **Slow Cook:** Add in all the other ingredients, stir to combine. Cook over low heat for 4-6 hours.

Stovetop Directions:

1. **Cook Beef:** Add the ground beef and onion to a large pot or dutch oven. Cook over medium heat until the onion is soft and the beef is completely cooked. Add the garlic and cook an additional 30 seconds. Drain any grease and return to heat.
2. **Season:** Add the seasonings: chili powder, cumin, black pepper, salt, and garlic powder. Stir to coat the meat and cook about one minute.
3. **Simmer:** Add all other ingredients to the pot, stir to combine and bring to a simmer. Cover and allow to simmer for about 15-20 minutes.

Nutrition

Serving: 1 | Calories: 307kcal | Carbohydrates: 33g | Protein: 24g | Cholesterol: 47mg

Sarah's Scrumptious Chili Verde

Ingredients list:

1 T ghee
½ onion, chopped
1 anaheim pepper, chopped
½ pasilla pepper, chopped
1 tomatillo, chopped
1 T chopped cilantro, plus more for serving
½ Cup flour
½ tsp black pepper
2 tsp minced garlic
½ tsp cumin
4 oz canned green chilis
14 oz can green enchilada sauce
Sour cream
Limes

Instructions:

Put on an apron and tie your hair back.
Wash hands.

Wash vegetables and cilantro.
Chop and cook in ghee-

- ☐ 1 Tbsp Ghee
- ☐ ¼ Onion
- ☐ 1 Anaheim pepper
- ☐ ½ Pasilla pepper
- ☐ 1 Tomatillo

Chop cilantro. Save for later.

Measure and mix in spices:

- ☐ ½ Cup Flour
- ☐ ½ tsp black pepper
- ☐ 2 tsp minced garlic
- ☐ ½ tsp cumin

Incorporate liquid ingredients-

- ☐ ½ can green chilis
- ☐ 1 14 oz can enchilada sauce
- ☐ 1 Cup water
- ☐ 1 Tbsp chopped cilantro

☐ Drain 2 cans pulled pork. Place in a bowl and break into pieces. Add to pot.

Let simmer for as long as possible.

☐ While simmering, prepare garnish bowls of cilantro leaves, sour cream, lime wedges.

Claire's Chicken Chili

Ingredients list:

Ghee

1 package onions and peppers

2 T Chili powder

1 T Cumin

½ Tablespoon Oregano

1 T Garlic

1 15oz can Tomato sauce

1 15oz can Diced tomatoes

1 15oz can Black beans

1 12oz can Chicken

Instructions:

Put on an apron and tie your hair back.

Wash hands.

Chop and cook in ghee-

☐ 1 spoonful Ghee

☐ ½ bag onions and peppers

Measure and mix in spices:

☐ 2 Tablespoons Chili powder

☐ 1 Tablespoon Cumin

☐ 1 Tablespoon minced garlic

☐ ½ Tablespoon Oregano

☐ ½ teaspoon salt

Add liquid ingredients-

☐ 1 can Diced tomatoes

☐ 1 can Tomato sauce

☐ Drain 1 can chicken. Place in a bowl and break into pieces. Add to pot.

☐ Rinse beans and add to chili

Let simmer for as long as possible.

While simmering, prepare garnish bowls of shredded cheese, sour cream