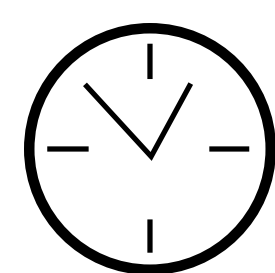


Award-Winning Chili

by Barry James, executive director
at Brookdale Greenwood



Winner of the Ninth-Annual
Lakelands Home Builders
Association Chili Cook-off
(Judges' Choice)



Prep
20 mins

Cook
60 mins

Ready in
1 H 20 mins



Ingredients:

- | | |
|---|--|
| <input type="checkbox"/> 1 pound of ground beef 80% lean / 20% fat | <input type="checkbox"/> 1 teaspoon of smoked paprika |
| <input type="checkbox"/> ½ pound of stew meat, trimmed and cut into “small” cubes | <input type="checkbox"/> 1 teaspoon of garlic powder |
| <input type="checkbox"/> 2 medium onions chopped finely | <input type="checkbox"/> ½ teaspoon of salt |
| <input type="checkbox"/> 1 large green pepper chopped finely | <input type="checkbox"/> ¼ cup of Worcestershire Sauce |
| <input type="checkbox"/> 3 tablespoons of finely chopped jalapeno (canned) | <input type="checkbox"/> 1 14 oz. can of kidney beans drained and rinsed |
| <input type="checkbox"/> 1 14 oz. can of RO-TEL tomatoes | <input type="checkbox"/> 1 14 oz. can of black beans drained and rinsed |
| <input type="checkbox"/> 2 8 oz. cans of tomato sauce | <input type="checkbox"/> 1 cup of water |
| <input type="checkbox"/> 2 ½ tablespoons of cumin | <input type="checkbox"/> ½ - 1 teaspoon of cayenne pepper (according to level of heat desired) |
| <input type="checkbox"/> 3 tablespoons of chili powder | <input type="checkbox"/> olive oil and butter (just enough to coat pot/pan) |

Directions:

1. In a Dutch Oven, or large pot with cover, pour a little olive oil. Brown all meats. Drain grease. Return meat to Dutch Oven, low heat.
2. While meat is browning, put butter in an iron skillet and add in onion, green pepper, and jalapenos. (DO NOT cut back on the onions. They make this chili a competition winner.)
3. While that is happening, open tomato sauce, drain and rinse the beans.
4. Combine onions, peppers and jalapenos with meat in the Dutch Oven.
5. Begin adding the remaining ingredients. Once everything is in the Dutch Oven bring to a soft boil. When it begins to boil, turn heat to simmer and cover. Let it cook for about an **hour**, stirring occasionally.
6. This is the moment that you begin to taste and get it to where you like it best. Add in small amounts of seasoning if needed, until you get the taste you desire.
7. Continue to let it simmer, stirring occasionally until it tastes just right.