

# CHILI CON CARNE

This hearty warming stew originated in the 1800's in northern Mexico soon to spread into Texas and further north. Originally prepared with dried beef, suet, chili peppers and salt, pounded together and dried into bricks to be traveled with and cooked into a pot of boiling water. As chili parlors began serving hot chili con carne in the latter half of the 1800's there was no reason to dry it into bricks and more types of ingredients became possible without the necessity of drying. Tomatoes and beans became common ingredients included in chili's and chili joints spread even further north reaching Wisconsin by 1913 where you can still eat at the original Chili John's.

As well as spreading throughout the United States chili has also been used to complement other foods and have become classics unto themselves. From the chili dog, chili fries, and chili nachos to the new Mexican green chili (made with pork, green chilies, and tomatillos) and the vegetarian chilis that came with the vegetarian movement of the 1970's. And that is just to name a few.

So what chilis to use? With no right or wrong answer I'll make some recommendations based on my personal preference and what is available in my area. For fresh chilis I recommend poblanos for medium heat and fantastic flavor. If these are too hot for you or your family the best lower heat options will probably be Anaheim or Cubanelle. For dried chilis I recommend Guajillo and Pasilla both with mild heat and excellent flavor. If you want to bring up the heat to higher levels add just a few of the hotter peppers in addition to your base chilis. These include Jalapeno, Serrano, Habanero, and Chilis de Arbol just to name a few. For a smoky touch without heat use smoked paprika or use chipotles (-smoked Jalapenos) for some extra heat and smokiness.



## Ingredients:

1. 1 pound fresh mixed chilis or 4 ounces dried chilis, or even better a mix. (1/2 lb and 2 ounces).
2. 2 medium red onions
3. 2 medium sized carrots
4. 1 pound kidney or Jacob's cattle beans
5. 4 cups chopped tomatoes
6. 4 cloves garlic
7. 2 teaspoon salt
8. 1 teaspoon black pepper
9. 1/2 teaspoon cumin
10. 1 tablespoon garlic powder
11. 1 teaspoon dried oregano
12. 1 pound ground beef
13. 2 teaspoon salt
14. 4 ounces tomato paste
15. Optional smoky and or hot chilis and chili powders

## Directions:

1. Soak beans overnight in cold water or pour boiling water over beans and soak for 1-2 hours. Simmer until the beans are tender, drain and set aside
2. Destem your dried chilis and rough chop removing pith and seeds for reduced heat.
3. Add tomatoes and chilis to your pot and bring to a simmer
4. Slice and add onions and carrots
5. De seed fresh chili's (unless you want the extra heat) slice and add to the pot
6. Add tomato paste, crushed garlic, salt, pepper, cumin, garlic powder, and dried oregano
7. Simmer gently for 1-3 hours depending on how chunky you like it. The longer you cook it the more it will become one.
8. Add cooked beans
8. Add the ground beef at the end when you turn the heat off so you won't over cook it.

