

1ST EDITION

ALL THE RECIPES YOU NEED

TODAY'S COOKING

Delicious Made Easy!

CHILI



Each Volume is Full of Recipes

Volume

- a. **Appetizers**
- b. **Soups**
- c. **Sauces, Dressings & Seasonings**
- d. **Dairy & Egg**
- e. **Salads**
- f. **Vegetables**
- g. **Fruits**
- h. **Pasta, Grains & Breads**
- i. **Sweets**
Cookies/Cakes
Desserts
- j. **Drinks**

Volume

- k. **Seafood**
Fish
Shellfish
- l. **Poultry**
Chicken
Turkey & more
- m. **Meats**
Beef
Pork
Lamb & more
- n. **Casseroles/Stews**
- o. **Vegetarian**
- p. **Miscellaneous**

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Cooking tips & tricks

Measures & equivalents



TODAY'S COOKING

Welcome!

[Skip Introduction](#)



Introduction

I like to cook! I cook every day. Many years ago I owned a restaurant in the Caribbean, so I've known my way around the kitchen for quite some time. Since then I have continued to experiment, have tried new ways of doing things and searched for new recipes. This book is a compilation of just a few of those recipes that I have received, read and created over the years. Some are as is; some have been modified; some are original and some not so original. All are good, although a few "questionables" may have slipped in (if so, please let me know).

The premise here is that you know how to cook, but you're tired of the same old things and would like to add a little variety and zip to your meals, whether for entertaining and special occasions or simply Thursday night's dinner.

(To keep the file size within reason, photos of the dishes were not included.)

Feed mynde with myrth, thy mawe with meate

And eat to lyve not lyve to eate.

For gorging doth offende thy health,

Thy God, thy soul, thy witt and wealth.

(from a set of English roundels - approximately 1600 AD)

TODAY'S COOKING

“Cooking is one of the oldest arts...” - Brillat-Savarin

“With money anyone can offer succulent dishes and famous wines, but courtesy and kindness cannot be bought.” - Lucien Tendret

“Intellectual men who quickly wolf down whatever nourishment is necessary for their bodies with a kind of disdain, may be very rational and have a noble intelligence, but they are not men of taste.” - Sainte-Beuve

“The cook is no less an artist...To give life to beauty, the painter uses a whole range of colours, musicians of sound, the cook of tastes - and it is indeed remarkable that there are seven colours, seven musical notes and seven tastes.” - Lucien Tendret

“The discovery of a new dish does more for the happiness of mankind than the discovery of a star.” - Brillat-Savarin

“Those who have a profound indifference to the pleasures of the table are generally gloomy, charmless and unamiable.” - Lucien Tendret

“The science which feeds men is worth at least as much as the one which teaches how to kill them.” - Brillat-Savarin

“Gastonomy is the joy of all conditions and all ages. It adds wit to beauty.”
- Monselet

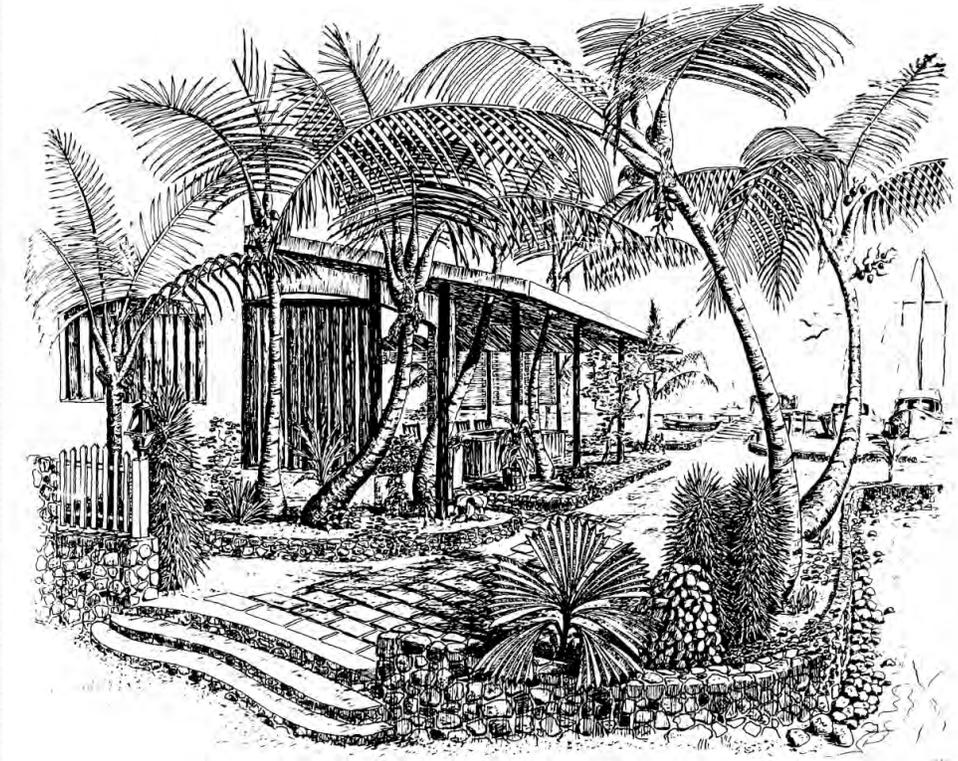
“The most indispensable quality of a cook is punctuality; it should also be that of a guest.” - Brillat-Savarin

“Good cookery is the food of a pure conscience.” - Des Essarts

“Those who give themselves indigestion or get drunk, do not know how to eat or drink.” - Brillat-Savarin

Hunger is nothing more than the need to eat. Appetite is anticipating the pleasure of eating well. - SD
St Maarten
1979

TODAY'S COOKING



Rusty Pelican Restaurant Sint Maarten Dutch West Indies 1979

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Scoville Scale of Heat

0 TO 100

Bell & sweet peppers

100 TO 500

Pepperoncini and Cubanelle pepper

500 TO 1,000

Anaheim, Coronado, Santa Fe Grande and New Mexico peppers

1,000 TO 1,500

Espanola and Poblano peppers

1,000 TO 2,000

Ancho, Peppadew and Pasilla peppers

1,500 TO 2,500

Cherry, Sandia, Mirasol and Cascabel peppers

2,500 TO 5,000

Jalapeno, Guajillo peppers

5,000 TO 10,000

Chipotle and Fresno peppers

10,000 TO 23,000

Aleppo and Serrano peppers

15,000 TO 30,000

Chile de Arbol peppers

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30,000 TO 50,000

Cayenne, Piquin, Santaka and Tabasco peppers

50,000 TO 100,000

Chiltepin, Charleston Hot and Thai peppers

85,000 TO 115,000

Tabiche, Jamaican and Bahamian peppers

100,000 TO 350,000

Datil, Scotch Bonnet, Madame Jeanette and Congo peppers

200,000 TO 300,000

Habanero peppers (the Red Savina habanero 350,000 to 577,000)

NOW THE REALLY **HOT** PEPPERS:

580,198 TO 2,009,231

Trinidad Moruga Scorpion peppers

923,589 TO 1,853,936

Chocolate 7 Pod peppers

855,00 TO 1,041,427

Ghost Chili peppers

1,067,286

Infinity Chili peppers

1,086,844

Spanish Naga peppers

1,400,000 TO 2,200,00

Carolina Reaper peppers

Note: spicy food does not cause ulcers; however, it can aggravate existing ulcers.

Cooking Chili

1. Use Dutch ovens or bean pots that provide a lot of surface area and a heavy, smooth bottom.
2. Do not cook chili covered. The exception is if you are cooking down just onions first.
3. Don't do it on the "Cheap". Use the finest ingredients.
4. The meat, no matter what kind, should be fresh and usually cut to a "coarse chili grind".
5. Fat is essential to good chili. Do not drain or skim until the end of cooking if necessary.
6. If your chili is too greasy, refrigerate it for a few hours and then skim off some of the fat.
7. Real chili is not cooked with beans. Serve beans on the side (rice on the side is good, too).
8. Chili is always better the next day or so. Make it a day ahead.

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Chili Recipes

JAY'S CHILI - SERVES 16

Ingredients

1. 1 Tbs. canola or grape seed oil
2. 3 large onions, finely chopped
3. 1 green & 1 red bell pepper, finely chopped
4. 2 ribs celery, finely chopped
5. 3 large cloves of garlic, minced or pressed
-
6. 4 lbs. beef round, cubed 1/2"
7. 4 lbs. ground beef
8. 1/2 cup flour
-
9. 1 cup vegetable broth
10. 2 cans (20 oz. cans) each of both tomato sauce & stewed tomatoes
11. 1 can (6 oz.) tomato paste
12. 5 cups water
13. 1 jar/can (4 oz.) chile salsa
14. 1 pickled jalapeño, finely chopped - optional
15. 2 Tbs. hot chili powder
16. 2/3 cup mild chili powder
17. 1 can (4 oz.) whole green chiles, seeded, finely chopped
18. 1 Tbs. cumin
19. 1 tsp. oregano
20. Salt & pepper to taste

Preparations

1. In a large pot over over medium, heat the oil and add ingredients 2 through 5 and cook 10 minutes.
2. Place the flour in a paper or plastic bag. Add the cubed meat and shake. Add the meat to the pot to brown. Add the ground meat, breaking it up as it cooks.
3. Add all the remaining ingredients and bring to a boil. Reduce heat and simmer, uncovered, for 3 hours.

TODAY'S COOKING

BEGINNER'S CHILI - SERVES 4 TO 6

Ingredients

1. 2 Tbs. olive oil
2. 2 large onions, sliced
3. 2 cloves garlic, minced
4. 1 green bell pepper, chopped
- 5.
6. 1 lb. lean beef, cubed 1/2" (supermarket stew beef will do)
7. 1 lb. ground beef
-
8. 2 Tbs. chili powder
9. 1 tsp. celery seed
10. 1 tsp. chipotle
11. 1 tsp. cumin
12. 1/2 tsp. ground coriander
13. 1/2 tsp. dried basil
14. 1 tsp. celery salt
15. 1 can (16 oz.) diced tomatoes with liquid
16. 1 bay leaf
17. 2 cups beef stock
-
18. 1 can (16 oz.) pinto or kidney beans, rinsed
19. 1/4 cup powdered brown gravy mix (such as McCormick's) dissolved in 1 cup of water
20. Salt & pepper to taste

Preparation

1. Sauté the onion in half the oil, covered for 10 minutes. Uncover; add items 3 and 4 and cook, stirring occasionally until the onion is slightly browned. Remove and set aside.
2. In the same pot, add the cubed meat and brown. Remove and set aside. Add the ground meat, breaking it up as it cooks.
3. Stir in ingredients 8 through 17. Bring to a boil; reduce heat and simmer, uncovered, for 2-1/2 hours. Stir occasionally.
4. Add the last 3 ingredients and simmer another 1/2 hour. Remove bay leaf.

TODAY'S COOKING

SOUTHWEST CHILI - SERVES 6

Ingredients

1. 2 large onions, chopped
2. 1 Tbs. olive oil
-
3. 3 cloves garlic, minced
-
4. 1 lb. lean beef chuck
5. 1/2 lb. ground beef
6. 1/2 lb. Italian sausage meat
-
7. 1 green bell pepper, diced
8. 2 Tbs. chili powder
9. 1 tsp. each oregano, coriander & cumin
10. 1/2 tsp. thyme
11. 1 tsp. salt
12. 12 oz. beer
-
13. 2 cans (14.5 oz. each) Italian stewed tomatoes
14. 1 can (20 oz. each) each light and dark red kidney beans, drained & rinsed
15. 1 can (20 oz.) black beans, drained & rinsed
-
16. 1/2 cup chopped parsley

Preparation

1. Sauté the onions in the oil for 5 minutes. Add the garlic and cook another minute. Add meats and cook until browned.
2. Add ingredients 7 through 12. Bring to a boil; reduce heat and simmer 1 hour.
3. Add the beans and cook 30 to 45 minutes. Add parsley and serve.

TODAY'S COOKING

CHICKEN & BLACK BEAN CHILI - SERVES 6 TO 8

Ingredients

1. 3 Tbs. olive oil
2. 1 Tbs. Frank's Hot Sauce
3. 1 lb. boneless chicken breasts, cubed
-
4. 1 lb. andouille sausage, sliced
5. 2 large onions, chopped
-
6. 3 cloves garlic, minced
7. 1 green bell pepper, diced
8. 1 red bell pepper, diced
9. 2 large jalapeño peppers, stem & seeds removed, diced
10. 1 can (14.5 oz.) Italian stewed tomatoes
11. 1 can (15 oz.) black beans, drained & rinsed
12. 1 bottle (12 oz.) lager style beer
13. 1 cup tomato juice
14. 1 tsp. each chili powder, red pepper flakes & onion powder
15. 2 pieces (1oz. each) bittersweet chocolate, divided
-
16. 1/2 cup chopped parsley
-
17. Salt & pepper to taste

Preparation

1. Mix items 1 & 2 in a large pot. Over medium heat, brown the chicken. Set chicken aside.
2. In the same pot add ingredients 4 & 5 and cook 10 minutes. Add the chicken and ingredients 6 through 14 plus 1 piece of chocolate. Simmer 3 hours, stirring occasionally.
3. Stir in the other piece of chocolate and the parsley. Cool and refrigerate one to two days. Reheat and season with salt & pepper to taste.

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TEXAS RED CHILI - SERVES 8

Ingredients

1. 2 jalapeno peppers
2. 2 ancho peppers
-
3. 3 lbs. lean beef chuck, coarse chili grind
4. 2 Tbs. canola or grape seed oil
-
5. 2 large white onions, chopped
-
6. 2 large cloves of garlic, minced or pressed
7. 1 to 3 tsp. cayenne pepper
8. 2 tablespoons cumin seeds, toasted and crushed
9. 1 tsp. oregano
10. Salt & pepper to taste
11. Toppings: chopped scallions & shredded cheese

Preparation

1. Char the peppers under the broiler and then place in a paper bag and tie shut.
2. When cooled, peel the peppers; remove the stem and seeds. Puree in a food processor or blender with a little water.
3. In a large skillet over medium-high heat brown the meat in the oil. Place the meat, pepper puree in a large pot and add water to cover by 2". Bring to a boil; reduce heat and simmer 30 minutes.
4. In the skillet over medium heat cook the onions 10 minutes. Add ingredients 6 through 10 and cook another 10 minutes. Stir into the pot of meat; bring to a boil; reduce heat and simmer, covered, 45 minutes. Remove from heat and let cool.
5. Place the pot of chili in the refrigerator and when chilled, skim off the fat. Reheat when ready to serve. Top servings with chopped scallions and shredded cheese.

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SPICY COWBOY CHILI - SERVES 6

Ingredients

1. 1 whole garlic bulb
2. 2 to 3 Tbs. olive oil, divided
3. 2 dried ancho chilies
4. 2 dried chipotle chilies*
5. 1 bottle (12oz.) dark beer
6. 3 lbs. beef stew meat, cut into 3/4" pieces
7. 2 large onions, chopped
8. 3 cans (16 oz. ea.) kidney beans; rinsed and drained
9. 3 cans (14-1/2 oz. ea.) diced tomatoes, undrained
10. 2 cans (8oz. ea.) tomato sauce
11. 2 Tbs. Worcestershire sauce
12. 1 Tbs. chili powder
13. 1 tsp. black pepper
14. 1/2 tsp. salt
15. Shredded cheddar cheese, optional

Preparations

1. Preheat the oven @ 425° F (220° C).
2. Remove papery outer skin from garlic bulb, but do not peel or separate the cloves. Cut off top of garlic bulb and brush the cut cloves with 1 tsp. of the oil. Wrap in foil and bake 30 to 35 minutes. Let cool; unwrap and squeeze out the garlic into a small bowl and mash with a fork. Set aside.
3. In a large dry skillet over medium-high heat, toast chilies on both sides until puffy, about 3 to 6 minutes. (Do not blacken.) Cool. Remove stems and seeds; coarsely chop chilies. Place in a bowl and cover with beer. Let stand to soften, about 30 minutes.
4. In the same skillet, heat 1 Tbs. of the oil over medium-high heat. Brown beef in batches, adding additional oil if needed. Transfer to a 6-qt. slow cooker. In the skillet, heat 2 tsp. of the oil over medium heat. Add onions; cook and stir until tender. Add to beef.
5. Stir in the remaining ingredients, the mashed garlic and dried chilies mixture. Cover and cook on low for 7 to 9 hours or until meat is tender. Serve with cheese on the side.

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WESTERN QUICK CHILI - SERVES 4

Ingredients

1. 2 Tbs. olive oil*
2. 2 tsp. chili powder
3. 1 tsp. ea. cumin, paprika & unsweetened cocoa
4. 1/4 tsp. ea. red pepper flakes & oregano
-
5. 1 lbs. flank steak cut into 3/4" pieces
6. 1/4 tsp. kosher salt^
7. 3 Tbs. flour
8. 1 Tbs. olive oil*
9. 2 Tbs. tomato paste
10. 1 Tbs. molasses
11. 1/2 tsp. kosher salt^
12. 2 cups beef stock
13. 1/2 cup dark beer
14. 1 Tbs. Worcestershire sauce
-
15. 2 cups hot cooked rice
16. Toppings: chopped scallions, sour cream, lime wedges & shredded cheese

Preparation

1. Combine items 1 through 4 in a microwave safe container. Microwave on high 30 seconds; stir and microwave another 30 seconds.
2. Season the meat with salt and toss in the flour. In a large skillet over medium-high heat, add the remaining oil. When hot, add the meat and cook 3 minutes. Add the spices; cook 1 minute and stir in items 9 & 10. Cook 1 minute and stir in items 11 through 14. Bring to a boil; reduce heat and simmer 20 minutes. Serve over rice along with the toppings

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PORK & BEEF CHILI - SERVES 4 TO 6

Ingredients

1. 1 lb. beef chuck or stew beef
2. 1 lb. pork shoulder
3. 2 tablespoons olive oil
-
4. 3 large onions, sliced
-
5. 4 cloves garlic, minced
6. 2 Tbs. chili powder
7. 1 teaspoon cumin & black pepper
8. 1 teaspoon sea salt
9. 1 Tbs. chopped fresh oregano or 1 tsp. dried oregano
-
10. 1 can (14.5 oz.) diced tomatoes with liquid
11. 1/2 cup dry red wine

Preparation

1. Place the meat in the freezer for 20 minutes; remove and cut into 1/2" cubes.
2. In a large skillet heat the oil over medium-high heat and brown the meat. Remove meat and set aside.
3. To the same skillet add the onions and cook over medium heat for 10 minutes.
4. Add ingredients 5 through 9; cover and reduce heat; cook 10 minutes; add the ingredients 10 & 11 and cook an additional 15 minutes. Add the meat and continue to cook down until the chili is the desired consistency.

TURKEY CHILI - SERVES 4 TO 6

Ingredients

1. 2 Tbs. olive oil
2. 2 lbs. ground turkey
-
3. 4 large yellow onions, chopped

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4. 2 large cloves of garlic, minced or pressed
5. 1 Tbs. flour
-
6. 1 cup each chicken and beef stock
7. 3 Tbs. tomato paste
-
8. 1 tsp. each ground coriander and cumin
9. 1 Tbs. each chili powder and smoked paprika
10. 1/4 tsp. Italian seasoning
11. 1 Tbs. Worcestershire sauce
12. Dash of Kitchen Bouquet
-
13. 1/2 cup apple cider

Preparation

1. Over medium-high heat brown the meat in the olive oil, breaking it up as it cooks. Remove and set aside
2. In the same skillet add the onion and cook over medium heat 5 minutes. Add the garlic and continue to cook 5 minutes. Stir in the flour and cook 5 minutes.
3. Add the stock and blend well. Stir in the tomato paste.
4. Add ingredients 8 through 12 and simmer 15 minutes, stirring occasionally.
5. Add the meat and the cider. Cover and simmer 10 minutes.

MIDWEST CHILI - SERVES 12

Ingredients

1. 3 lbs. beef chuck or stew beef, cubed 1/2"
2. 2 lbs. ground beef
3. 4 large onions, chopped
4. 4 cloves garlic, chopped
-
5. 1 Tbs. hot chili powder
6. 1/3 cup mild chili powder
7. 3 Tbs. cumin
8. 3 cups water
9. 2 cans (14.5 oz.) tomato sauce
10. 2 cans (28 oz.) peeled whole tomatoes
-

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11. 2 cans (16 oz.) pinto beans, drained & rinsed

Preparation

1. In a large pot over medium heat add the first 4 ingredients and brown, breaking up the ground meat.
2. Stir in ingredients 5 through 10. Bring to a boil; reduce heat and simmer, uncovered, 1 1/2 hours, stirring occasionally.
3. Adjust seasoning with salt & pepper to taste. Add the beans and simmer another 1/2 hour.

HIDDEN BEAN CHILI - SERVES 12

Ingredients

1. 1-1/2 lbs. ground beef or turkey
2. 4 large onions, 2 chopped and 2 sliced
3. 2 cloves garlic, minced or pressed
4. 2 tsp. each chili powder, cumin and oregano
5. 1 tsp. coriander
6. 1/4 tsp. cayenne
7. 1/3 cup flour
8. 4 cups chicken stock
9. 1 can (14.5 oz.) navy beans, drained & rinsed
10. 1/4 cup cream
11. 1 Tbs. lime juice
12. Shredded cheese and chopped parsley for the top

Preparation

1. In a large pot over medium heat add the meat and brown, breaking up the ground meat. Remove and set aside.
2. Stir in the onions and cook until slightly brown. Add items 3 through 8. Bring to a boil; reduce heat. Add the meat and simmer, uncovered, 1 hour, stirring occasionally.
3. Puree the beans and add to the chili. Add items 10 & 11 and simmer another 1/2 hour. Sprinkle each serving with the cheese and parsley.

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ALMOST CHILI - SERVES 4

Ingredients

1. 3 Tbs. butter
2. 1 large onion, sliced
3. 1 green bell pepper, chopped
4. 1 clove garlic, minced or pressed
5. 1 lb. ground beef or turkey
6. 1 cup condensed tomato soup
7. 1 can (14.5 oz.) red kidney beans, drained & rinsed
8. 1 tsp. each chili powder, cumin and Italian herbs
9. 1/2 tsp. salt
10. 1/8 tsp. paprika
11. 2 tsp. Worcestershire sauce
12. Gouda cheese, sliced
13. Chopped parsley and sour cream for topping

Preparation

1. Melt the butter in a large pot over medium heat and sauté items 2, 3 & 4 for 2 minutes. Add the meat and cook, breaking the meat up, until no longer pink. Add items 6 through 11. Bring to a boil; reduce heat and simmer, uncovered, 10 minutes, stirring occasionally.
2. Fill 4 oven-proof serving bowls and broil 4 minutes. Top with sliced Gouda and broil until the cheese melts. Sprinkle each serving with the parsley and a dollop of sour cream.

RED RIVER CHILI - SERVES 8

Ingredients

1. 3 Tbs. bacon fat
2. 4 lbs. lean beef chuck, coarse chili grind
3. 2 large white onions, sliced
4. 2 large cloves of garlic, minced or pressed
5. 1 to 3 tsp. cayenne pepper
6. 1 tsp ground cumin
7. 1 tsp. oregano

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8. 1 can (32 oz.) whole tomatoes
9. 2 cups boiling water
10. 2 Tbs. hot chili powder
11. 4 Tbs. mild chili powder
12. Salt & pepper to taste

Preparation

1. Over medium-high heat, brown the meat in the bacon fat. Add items 3 & 4 and cook about 10 minutes.
2. Add items 5 through 9. Add the chili powder a little at a time until satisfied with the level of heat and flavor.
3. Bring to a boil; reduce heat and simmer for an hour, stirring occasionally.

Variation: add 2 cups tequila during preparation step 2.

MIDWEST CHILI - SERVES 12

Ingredients

1. 3 lbs. lean beef chuck, coarse chili grind
2. 2 lbs. lean beef chuck, hamburger grind
3. 2 large white onions, coarsely chopped
4. 5 medium cloves of garlic, minced or pressed
5. 1 Tbs. hot chili powder
6. 4 Tbs. mild chili powder
7. 1 tsp ground cumin
8. 1 tsp. oregano
9. 2 cans (15 oz.) tomato sauce
10. 1 can (28 oz.) whole tomatoes, broken up
11. 2 to 3 cups beef stock
12. Salt & pepper to taste

Preparation

1. Over medium heat, add items 1 through 4 and cook, stirring occasionally until the coarse meat is browned.

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2. Stir in items 5 through 10 plus 1 cup of the stock. Bring to a boil; reduce heat and simmer, stirring occasionally, for 1-1/2 hours. Check the consistency, adding more stock if necessary. Cook another 1/2 to 1 hour more.

Variation: add 2 oz. of bittersweet chocolate broken into pieces.

QUICK GRINGO CHILI - SERVES 4

Ingredients

1. 1 Tbs. olive oil
2. 1 lb. lean beef, coarse chili grind
3. 1 lb. lean pork, coarse chili grind
4. 3 large white onions, finely chopped
5. 1 bell pepper, cored, seeded and finely chopped
6. 2 ribs celery, finely chopped
7. 1 Tbs. of minced garlic
8. 1 Tbs. hot chili powder
9. 2 Tbs. mild chili powder
10. 2 tsp ground cumin
11. 1 Tbs. oregano
12. 2 bay leaves
13. 1/2 can (3 oz.) tomato paste
14. 2-1/2 cups stewed tomatoes
15. 1 cup beef stock
16. 1 cup water
17. Salt & pepper to taste

Preparation

1. Over medium, heat the oil in a large, heavy pot. Mix the 2 meats together; add to the pot and brown.
2. To the pot, add items 4 through 7 and mix well. Add items 8 through 16; bring to a boil; reduce heat and simmer 20 minutes, stirring often. Adjust seasonings.

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SKILLET CHILI - SERVES 4

Ingredients

1. 1 lb. ground beef
2. 1 cup chopped onion
3. 1/2 cup chopped green pepper
4. 1 garlic clove, minced
-
5. 1 can (16 oz.) kidney beans, rinsed and drained
6. 1 cup tomato juice
7. 1/2 cup water
8. 4 tsp. chili powder
9. 1 tsp. dried oregano
10. 1 tsp. salt
11. 1/2 cup uncooked long grain rice
-
12. 1 cup canned or frozen corn
13. 1/2 cup sliced ripe olives
14. 1 cup shredded cheddar or Monterey Jack cheese

Preparation

1. In a large skillet over medium heat, cook beef, onion, pepper and garlic until meat is no longer pink; drain.
2. Add items 5 through 11; simmer, covered, until rice is tender, about 25 minutes. Stir in corn and olives; cover and cook 5 minutes more. Sprinkle with cheese; cook, covered, until cheese is melted, about 5 minutes.

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TIME FLIES CHILI - SERVES 8

Ingredients

1. 4 Tbs. unsalted butter
2. 2 medium white onions, sliced
-
3. 2 lb. lean beef, coarse chili grind
4. 2 lb. lean beef, hamburger grind
5. 1 Tbs. freshly ground black pepper
6. 3 garlic cloves, minced or pressed
7. 2 Tbs. hot chili powder
8. 2 Tbs. mild chili powder
9. 3 Tbs. ground cumin
10. 1 Tbs. salt
11. 1 Tbs. sugar
12. 1 can (12 oz.) whole tomatoes
13. 2 cups beef stock
14. Salt & pepper to taste

Preparation

1. In a heavy pot over medium heat, melt the butter and cook the onion about 8 minutes.
2. Add items 3 through 9; stir and break up the meat to brown.
3. Stir in the remaining items; bring to a boil; reduce heat and simmer 4 or more hours, stirring occasionally.

LAMB CHILI - SERVES 10

Ingredients

1. 1 lb. ea. ground lamb and beef, crumbled
2. 1 large onion, sliced
3. 2 garlic cloves, minced or pressed
4. 1 can (10 oz.) diced tomatoes with green chilies (mild or spicy)
5. 1 can (8 oz.) tomato sauce
6. 1/2 can tomato paste

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7. 1/2 tsp. ea. red pepper flakes
8. 1 tsp. ea. caraway seed and celery salt
9. 1 tsp. dried basil
10. 2 Tbs. chili powder
11. 1/2 cup dry red wine

Preparations

1. In a large skillet over medium-high heat add the meats and cook until browned and most of the juices evaporated.
2. Add items 2 & 3 and cook another 5 minutes. Stir in the remaining items; bring to a boil; reduce heat and cover. Simmer about 30 minutes; uncover and continue cooking thickened to the desired consistency

PORK & POBLANO CHILI - SERVES 8

Ingredients

1. 6 poblano peppers
2. 2 Tbs. canola oil
3. 1-1/2 lbs. pork tenderloin, cut into 1" pieces
-
4. 2 medium-sized bell peppers (1 red & 1 yellow), chopped
5. 1 large onion, sliced
6. 1 jalapeño, cored, seeded and finely chopped (optional)
-
7. 2 garlic cloves, minced or pressed
8. 1/4 tsp. nutmeg
9. 1 tsp. salt
10. 2 Tbs. chili powder
11. 2 cups chicken stock

Preparations

1. Put the poblano pepper on a baking sheet lined with foil and place under the broiler. When the skin blisters and blackens, rotate the peppers until all sides have been charred. Quickly place into a large bowl; cover and let steam 10 minutes. Discard the skins; core; seed and finely chop the peppers.

TODAY'S COOKING

2. In a large stockpot over medium heat, add the oil and brown the pork in batches. Set meat aside.
3. Add to the stockpot items 4, 5 & 6 and cook, stirring occasionally, 8 to 10 minutes. Stir in items 7 through 11, the poblanos and pork. Bring to a boil; reduce heat and simmer, uncovered, 15 minutes or until pork is tender. Serve with traditional toppings.

SMOKEY PEANUT CHILLI - SERVES 12 (3 QTS.)

Ingredients

1. 2 Tbs. peanut , grape seed or canola oil, divided
2. 1 large green pepper, chopped
3. 1 large red onion, chopped
4. 1 large carrot, peeled and chopped
5. 2 garlic cloves, minced or pressed
-
6. 1 lb. lean beef, cubed into 1/2" pieces (supermarket stew beef will do)
7. 1-1/2 lbs. lean ground beef
-
8. 2 cans (15 oz. ea.) tomato sauce
9. 2 cans (14-1/2 oz. ea.) diced tomatoes with basil, oregano and garlic, undrained
10. 2 cans (4 oz. each) chopped green chiles
11. 1/2 cup creamy peanut butter
12. 1 to 2 Tbs. ground ancho chile pepper
13. 1 tsp. kosher salt
14. 1 tsp. smoked paprika
15. Toppings: Shredded smoked cheddar cheese and chopped peanuts

Preparations

1. In a large skillet, heat half the oil over medium-high and sauté items 2 through 4, covered, for 8 minutes. Add the garlic and cook 1 minute. Remove the vegetables and set aside.
2. Add the ground beef and cook until no longer pink, 7-10 minutes, breaking it up as it cooks. Remove and drain.
3. Add the remaining oil to the skillet and brown the cubed beef and set aside. Transfer the meat and vegetables to a 5 or 6 qt. slow cooker.
Stir in items 8 through 14 until combined and cook, covered, on low 4 hours or until vegetables are tender. Sprinkle each serving with shredded cheese and peanuts.
4. For more spice, add more chili powder.

TODAY'S COOKING

TURKEY, BLACK BEAN & CORN CHILI - SERVES 6

Ingredients

1. 1 Tbs. vegetable oil
2. 1 lb. ground turkey
3. 1 large onion, chopped
4. 2 Tbs. chili powder
5. 1 tsp. ground cumin
6. 1 tsp. dried oregano leaves, crushed
7. 1/2 tsp. ground black pepper
8. 1/4 tsp. garlic powder
9. 1-3/4 cups chicken broth
10. 1 cup chunky salsa
11. 1 Tbs. sugar
12. 1 (15 oz.) can black beans, rinsed and drained
13. 1 (16 oz.) can whole kernel corn, drained

Preparations

1. Heat the oil in a 4-quart saucepan over medium-high heat. Add the turkey, onion, chili powder, cumin, oregano, black pepper and garlic powder. Cook until turkey is well browned, stirring frequently to break up meat.
2. Stir the broth, salsa, sugar, beans and corn into the saucepan. Heat to a boil. Reduce the heat to low.
3. Cover and cook for 30 minutes. Stir the chili occasionally while cooking.

BUTTERNUT CHILI - SERVES 8

Ingredients

1. 1 lb. ground beef or turkey
2. 3/4 cup chopped red onion
-
3. 5 garlic cloves, minced or pressed
4. 3 Tbs. tomato paste
5. 1 Tbs. chili powder

TODAY'S COOKING

6. 1 tsp. cumin
7. 1/2 tsp. salt or to taste
-
8. 1-3/4 to 2 cups water
9. 1 can (15 oz.) ea. black beans and pinto beans, rinsed and drained
10. 1 can (14-1/2 oz.) ea. diced tomatoes and tomato sauce
-
11. 3 cups peeled butternut squash cut into 1/2" cubes
12. 2 Tbs. cider vinegar

Preparations

1. Over medium heat, cook the meat and onion until the meat is browned and the onion tender, 7 to 8 minutes. Add items 3 through 7 and cook 1 minute. Stir in items 8, 9 & 10; bring to a boil; reduce heat and stir in the squash. Simmer, covered, 20 to 25 minutes; stir in the vinegar and serve.

PUMPKIN & BEAN CHILI - SERVES 8

Ingredients

1. 1 Tbs. olive oil
2. 1/3 ea. of medium-sized green, red & yellow bell peppers, sliced
3. 1 large white onions, sliced
4. 3 cloves of garlic, minced or pressed
-
5. 3 cups chicken stock
6. 1 can (15 oz.) solid-pack pumpkin
7. 1 can (14-1/2 oz.) diced tomatoes - reserve liquid
8. 1-1/2 tsp. ea. cayenne pepper, ground cumin & oregano
9. 1 can (32 oz.) whole tomatoes
10. 1 Tbs. chili powder
11. 1/2 tsp. ea. salt & smoked paprika
12. Black pepper to taste
13. 2 cans (15 oz. ea.) black beans, rinsed and drained
-
14. 1-1/2 cups chopped, cooked chicken
15. 1/4 cup chopped parsley

TODAY'S COOKING

Preparation

1. In a large stockpot, over medium heat, cook items 2 & 3 for 8 minutes. Add the garlic and cook about 2 minutes.
2. Stir in items 5 through 12 and 1 can of beans. Mash or puree the other can of beans. Add to the pot. Bring to a boil; reduce heat and simmer for 45 to 60 minutes, stirring occasionally.
3. Add the last 2 items and heat to serving temperature.

As a vegetarian dish: Use vegetable stock in place of the chicken stock and leave out the chopped cooked chicken.

BEER CHILI - SERVES 12

Ingredients

1. 2 lbs. beef chuck, cut into 2" cubes
2. 2 lbs. ground beef
-
3. 6 onions, sliced
4. 5 garlic cloves, minced or pressed
5. 1 Tbs. cumin
6. 1 Tbs. coriander
7. 1 Tbs. chili powder
8. 1 tsp. ea. dried basil & oregano
9. 1/2 tsp. cayenne
10. 1/4 tsp. cinnamon
11. 1/8 tsp. paprika
12. 6 to 8 cups beef stock
-
13. 1 bottle (12 oz.) amber beer
14. 3 Tbs. masa harina
15. Salt & pepper to taste

Preparations

1. In a large skillet over medium heat, cook the meat in batches until the chuck meat is browned and the ground beef is no longer pink. Set aside.

TODAY'S COOKING

2. Cook the onions until slightly caramelized. Stir in items 4 through 12; bring to a boil; reduce the heat to very low and simmer, uncovered, for 2 hours.
3. Add the beer and stir in the masa harina. Cook, stirring, for 10 to 15 minutes. Remove from the heat and cover. Keep warm and adjust the seasoning before serving.

Vegetarian Chili Recipes

LUCIE'S VEGETARIAN CHILI - SERVES 8

Ingredients

1. 1/3 cup olive oil
2. 2 cups chopped onion
3. 3/4 cup chopped celery
4. 1 cup chopped green bell pepper
5. 1 cup chopped carrots
6. 1 Tbs. minced garlic
7. 2 cups chopped mushrooms
8. 1/4 tsp. crushed red pepper flakes
9. 1 Tbs. ground cumin
10. 2 Tbs. chili powder
11. 3/4 tsp. dried basil
12. 2 tsp. salt
13. 1/2 tsp. ground black pepper
-
14. 2 cups tomato juice
15. 3/4 cup bulgur wheat
16. 2 cups chopped tomatoes
17. 1 can (20 oz.) kidney beans, undrained
18. 1/2 tsp. hot pepper sauce (such as Tabasco®)
19. 2 Tbs. lemon juice
20. 3 Tbs. tomato paste
21. 1 Tbs. Worcestershire sauce
22. 1/4 cup dry red wine
23. 2 Tbs. canned chopped green chile peppers, or to taste

TODAY'S COOKING

Preparations

1. Heat the olive oil in a large pot over high heat. Stir in items 2 through 13. Cook and stir until the vegetables begin to soften, about 2 minutes. Stir in the remaining items. Bring to a boil, stirring frequently. Reduce heat to medium-low, and simmer, uncovered, 20 minutes before serving.

VEGETARIAN CHILI - SERVES 6 TO 8

Ingredients

1. 2 1/2 cups dried kidney or pinto beans
2. 1 tsp. salt
-
3. 1 cup tomato juice
4. 1 cup raw bulgur (cracked wheat)
-
5. 2 Tbs. olive oil
6. 2 onions, coarsely chopped
7. 4 cloves garlic, crushed
-
8. 4 ribs celery, coarsely chopped
9. 3 carrots, coarsely chopped
10. 3 or 4 tomatoes, peeled, seeded and coarsely chopped
11. 1 Tbs. lemon juice
12. 2 Tbs. ground hot chile
13. 3 Tbs. ground mild chile
14. 1 tsp. cumin
15. 1/2 tsp. oregano
16. 1 tsp. dried basil
17. 2 tsp. salt
-
18. Black pepper to taste
19. 1-1/2 green pepper, cored, seeded and coarsely chopped

TODAY'S COOKING

Preparations

1. With just enough water to cover, soak the beans overnight.
2. In a large pan bring the beans/water and salt to a boil over high heat. Lower heat and continue to gently boil, partially covered, for 1 hour or until beans are tender. Add more water as necessary.
3. In a saucepan bring the tomato juice to a boil; remove from heat and add the bulgur. Cover and let stand 15 minutes. Set aside.
4. In a large heavy pot heat the oil over medium. Add ingredients 6 & 7 and cook 5 minutes. Add ingredients 8 through 17; cover and cook 10 minutes. Add ingredients 18 & 19 and cook another 10 minutes. Add the beans/water and the bulgur, stirring well. Simmer for 1/2 hour, stirring occasionally. Adjust the consistency (use water) and seasonings to taste.

VEGETARIAN BEAN CHILI - SERVES 6 TO 8

Ingredients

1. 2 Tbs. olive oil
2. 1 medium zucchini, chopped
3. 1 large onion, sliced
4. 1 green bell pepper, chopped
5. 1 large carrot, sliced
6. 3 large cloves of garlic, minced or pressed
-
7. 1 (14 oz.) can diced tomatoes with liquid
8. 1 (15 oz.) can ea. black beans, garbanzo & red kidney beans, rinsed & drained
9. 1 (4 oz.) jar diced green chilies
10. 1 cup vegetable broth
11. 1-1/2 Tbs. chili powder
12. 1/2 Tbs. cumin
13. 1/8 Tbs. crushed red pepper flakes

Preparations

1. Sauté items 2 through 6 in the oil for 7 to 10 minutes over medium heat. Add items 7 through 13 and bring to a boil. Reduce heat and simmer uncovered for about 40 minutes or until the chili has thickened to your desired consistency. Serve with: chopped green onions, sour cream and shredded cheese.

TODAY'S COOKING

VEGETARIAN BEAN CHILI #2 - SERVES 8

Ingredients

1. 2 Tbs. olive oil
2. 1 cup chopped onion
3. 1 green bell pepper, chopped
4. 1-1/2 cups sliced celery
5. 3 large cloves of garlic, minced or pressed
-
6. 2 cans (28 oz. ea.) whole tomatoes, cut up, juices retained
7. 1 (15 oz.) can each black beans, pinto & Great Northern, rinsed & drained
8. 1 (4 oz.) jar diced green chilies
9. 1/3 cup red wine vinegar
10. 1/2 cup golden raisins
11. 3 Tbs. chili powder
12. 1-1/2 Tbs. ea. dried basil, cumin & oregano
13. 1 tsp. ea. sugar and allspice
14. 1/2 tsp. salt & pepper
15. 1 bay leaf
-
16. 1 bottle (12 oz.) good beer
17. Hot sauce, such as Frank's, to taste
-
18. 1 cup cashews
19. Shredded Monterey Jack or cheddar cheese

Preparations

1. In the oil, sauté items 2 through 5, covered, for 10 minutes over medium heat. Add ingredients 6 through 15 and bring to a boil. Reduce heat and simmer, covered for about 90 minutes. Add the beer and hot sauce; bring back to a boil; reduce heat and simmer 30 minutes or until the chili has thickened. Add the cashews; discard the bay. Serve each portion topped with cheese.

TODAY'S COOKING

SPICED PINTO BEAN CHILI - SERVES 6

Ingredients

1. 1 Tbs. cumin seeds
2. 2 tsp. coriander seeds
-
3. 1/4 cup olive oil
4. 2 large onions, sliced
5. 2 large cloves of garlic, minced or pressed
-
6. 1 Tbs. chili powder
7. 1 tsp. chipotle powder
8. 1 jar (4 oz.) diced green chilies
-
9. 1 can (28 oz.) whole peeled plum tomatoes, puréed coarsely in a food processor
10. 1 cup tomato juice
-
11. 6 cups cooked pinto beans, cooking liquid reserved
12. 1-1/2 tsp. sea salt, or to taste
13. 2 Tbs. tequila
14. 1/4 cup cilantro, chopped finely
15. 1/2 cup sour cream
16. 6 scallions, trimmed and cut crosswise into 1/8-inch slices

For garnish: chopped green onions, sour cream and shredded cheese

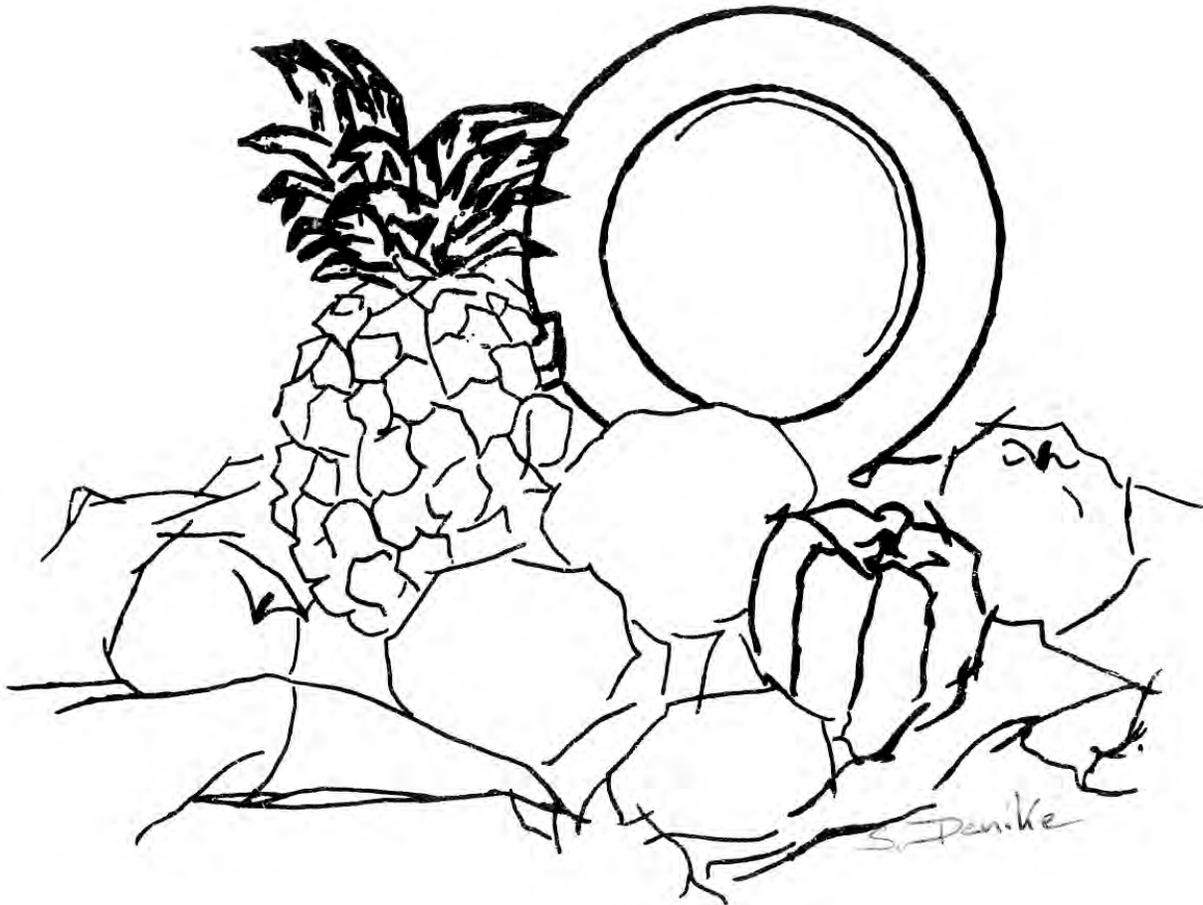
Preparations

1. Heat a small, heavy-bottomed frying pan over medium-high heat. Add items 1 & 2 and cook until they turn a dark color, about 2 minutes, shaking the pan constantly. Be careful not to burn the spices. Transfer to a mortar and grind until coarsely powdered.
2. Heat a large, heavy-bottomed pot over medium-high heat. Add items 3, 4 & 5 and sauté about 8 to 10 minutes. Add the roasted seeds, items 6, 7 & 8 and sauté for 1 to 2 minutes. Add the puréed tomatoes and tomato juice, mix well and bring to a boil. Reduce heat to a simmer, covered, for 10 minutes. Add the beans and return to a boil. Reduce heat again, cover and simmer for 20 minutes until the chili has thickened, stirring occasionally. If chili gets too thick, thin with a little reserved cooking water from the beans. When the chili is ready, remove from heat. Add items 12 through 16 and stir well. Taste and adjust seasoning, if necessary.

TODAY'S COOKING



TODAY'S COOKING



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DA KANA!
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VÆR SÅ GOD!
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KALÍ ÓREKSI!
GREEK

E 'AI KĀUA
HAWAIIAN

KRIPYĀ BHOJAN KĀ ĀNNAĀND LJĪYAI
HINDI

NIZHÓNÍGO ADÍYÍÍĪ
NAVAJO

GIN HĀI A-RÒI
THAI

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VÆR SÅ GOD!
NORWEGIAN

ĂN NGON NHÉ
VIETNAMESE

BIL-HANĀ' WA ASH-SHFĀ'
ARABIC