

Two-Can Chili Con Carne

Quick chili con carne recipe that can be ready in as little as one and a half hours if you're quick!

Many folks confuse chili, which has no beans, with chili con carne which has beans. This is my recipe for chili con carne. Feel free to substitute the meat of your choice, heck, I even made it with tofu once. I have used venison, venison sausage and stew meat. A good flavorful venison sausage really adds some zip.

Equipment:

Large soup pot, I use an 8 quart farberware with lid

Large fry pan, I use a 14 inch Teflon coated model with lid (optional, as an alternative use the large soup pot for everything)

Sharp cutting knife

Cutting board (don't do it on the counter, might make the wife a bit angry)

Stir spoon (optional, I usually use a spatula)

Spatula that won't harm the finish on fry pan or Large soup pan if they are coated

Large ladle

Ingredients:

2 – 8 oz cans Hunts tomato sauce

2 – 8 oz cans Hunts Stewed tomatoes (I usually choose those that have garlic and peppers in them)

2 – 4 oz cans Hunts tomato paste

2 - 8 oz cans chili beans (I usually use the un-spiced ones so I can control the chili taste better)

2 – Sweet Green peppers (or combination of yellow, red, orange and green)

2 – medium onions (red for a bit of zip, yellow for just onion, sweet to add a touch of sweet)

6 – jalapeno peppers (more or less to taste)

2 – Hungarian yellows

(Other peppers as desired)

2 pounds of ground chuck (other hamburger ok, but can add a lot of grease) or meat of your choice.

About 2 cups of sliced white mushrooms (optional, I like them)

4 - chopped garlic gloves (remember a clove is what you peel off of a bulb of garlic)

4 - tablespoons chili powder (more or less to taste)

1 teaspoon fresh cracked black pepper

1 tablespoon rubbed sage

1 teaspoon salt

2 tablespoons olive oil

Directions:

Place the 2 tablespoons of olive oil in fry pan and turn flame on to medium

Place meat in fry pan or bottom of soup pan over medium heat to brown.

Slice 3 Jalapenos and 1 Hungarian yellow into 1/8 inch slices and add to meat

Chop green peppers (or mixed colors) to ½ inch on a side chunks and add to meat

Chop onions to ½ inch on a side and add to meat

Sprinkle 2 tablespoons of chili powder over meat and ingredients in pan

Add half garlic to ingredients in pan

Sprinkle the sage over the ingredients in the pan

Add half the cracked pepper and half the salt to the pan

Mix ingredients, reduce heat and simmer in pan until onion is tender, stirring regularly (about every 3-4 minutes)

While meat and ingredients are simmering (if you used two pans) add the canned ingredients (except for the paste) to the soup pan as well as the remaining peppers, garlic and seasonings (peppers should be sliced as before). Add the mushrooms. Bring sauce to a low boil (simmer) while meat and other ingredients are sautéing. Sometimes I drain the beans (if the juice is thin), else just pour everything in. If the sauce is too thin, add in the two cans of paste. Too thin means like tomato soup, you want it thick but not too thick. If you didn't use two pans, then hold this step until the onions are tender and then add it all to the same pot.

Once the onions are tender, carefully pour or ladle the ingredients of the fry pan into the soup pan. Simmer (low heat) the chili con carne for at least an hour, stirring about every 5-10 minutes (some may stick on the bottom, try reducing the heat if this gets to a problem.) I usually skim the grease from the chuck or other meat off of the top of the pot using a spoon just before I stir it. I keep one of the empty cans to use as a repository for this grease, makes cleanup easier!

Should be very edible after an hour. The longer it simmers, the better it is. It is really good after sitting in the fridge over night and re-warmed. Also excellent for use with chips. For Susan and I, we can get about 2-3 meals out of one pot of chili. (count on 6-7 large bowls, we like to put shredded sharp cheddar cheese and chopped onion on top.)