

Chili

From the Kitchen of: Liz Klarwasser

Preparation/Cook Time: 30 min/2 hours

Servings: 6

INGREDIENTS:

1½ garlic cloves, minced
1 Tbsp. oil
2 lbs. ground round beef (90%)
3 onions, sliced
2 green peppers, sliced
1½-16oz cns stewed tomatoes, undrain
2-16oz cns red kidney beans, drained
1-6oz can tomato paste
2 Tbsp. chili powder
2 Tbsp. unsweetened cocoa
1 Tbsp. bittersweet chocolate chips
½ tsp. white vinegar
2 dashes cayenne pepper
3 whole cloves
1 bay leaf
¼ cup plum preserves*
1 Tbsp. sugar
salt & pepper to taste

INSTRUCTIONS:

Make one day in advance to allow flavors to blend.

1. In a lge. skillet, cook garlic in oil UNTil golden. Add crumbled pieces of beef & cook 10 mins., until evenly browned. With a slotted spoon, remove beef & garlic from pan & place into a lge. stockpot or sauce pan, non-stick if available. Reserve drippings in skillet.
2. Cook onions & green peppers in drippings until tender.
3. Add to cooked meat along with tomatoes, beans, tomato paste, chili powder, cocoa, chocolate chips, vinegar, cayenne pepper, clove, bay leaf, jam, sugar, salt & pepper.
4. Cover & cook over low heat for 2 hrs. Stir every 15 mins. to avoid sticking to the pan. If too dry add a little beef broth (from boullion). If too liquidy, uncover & simmer a little longer.

*Plum preserves can be purchased at Shaws or Christmas Tree Shop.