

RON'S FOOL-PROOF CHILI ... for taking the WINTER CHILLS AWAY!

makes 8 servings, costs under \$10, takes 1 hr. to prepare

NECESSARY INGREDIENTS

1 lb ground beef (or ground turkey)

1 small onion, cut in chunks

1 4oz can diced green chilies

1 10oz can diced tomatoes

1 15oz can sliced stewed tomatoes

1 15oz can whole corn

1 15oz can dark red kidney beans

1 15oz can black beans

1 Tbl. Chili Powder

1 tsp. cayenne pepper

1/2 tsp. black pepper

1/2 tsp. salt

Serve with
slices of
cornbread

A Bold
Red Wine
pairs nicely

Orange Sorbet
makes a
nice finish

PREPARATION

I like to use a deep frying pan with a lid to cook the entire dish.

But you can start with a regular frying pan & transfer to a stew pot after the first part... I'll tell you when.

PART ONE:

Sautee the onions in

1 Tbl. oil until soft then

add the green chilies for the last couple of minutes.

Set aside in a "fasting" bowl for later. Brown the

meat in the frying pan until

thoroughly cooked, then drain off

the grease. Return pan to the heat, add 1/2 cup of water and all the seasonings.

Cover and let this simmer for 10 mins.

PART TWO: (THIS IS WHERE YOU CAN TRANSFER TO A LARGER POT IF NECESSARY)

Add all the remaining canned ingredients and bring to a boil. Taste and make any seasoning adjustments. Cover and simmer for 15 minutes to complete.