

Lake WoBeGone Chili: from Martha Olson's Kitchen



Serves 8

Ingredients:

2 Tb vegetable oil		2 pounds (90-94% lean) ground beef
2 onions, chopped		1 (15.5 oz) can dark red beans, rinsed
¼ cup chili powder		1 (15.5 oz) can northern or white beans with juice
1 Tb cumin *		1 (28 oz) can diced tomatoes
½ tsp cayenne pepper		1 (28 oz) can tomato puree
Salt to taste		
6 garlic cloves minced		

*When using cumin seeds roast them in fry pan until medium brown and you have a bright smell of cumin. Then grind roasted cumin seeds in a mortar pestle.

1. Heat oil in large Dutch oven over medium heat until shimmering. Add onions, chili powder, cumin, cayenne, ½ tsp salt, about 5 minutes, add the garlic and cook for 15 seconds longer.
2. Add beef and increase the heat to medium-high. Cook breaking up the beef with a spoon about 10 minutes. Stir in the beans, diced tomatoes with their juice, tomato puree and ½ tsp. salt. Bring to a simmer, cover and cook 45 minutes.
3. Remove the lid and continue to simmer another 30-45 minutes. Season with salt and pepper to taste before serving.

This chili can be garnished with diced avocados, sliced scallions, chopped red onion, chopped cilantro, sour cream, and shredded cheddar cheese.

Hint: If you use 85% beef, cook it first with out the spices and onion so you can remove the fat and replace it with vegetable oil, then start at the top.