

Show 45: *Keepin' Warm on a Chili Night*

Corn Bread With Chives

Fresh chives bring an extra flavor spark to traditional corn bread, elevating this dish to a holiday status. Serve plain or drizzle on honey

2 8 ½ oz. Boxes corn-bread mix
2 eggs, slightly beaten
1 8-oz. Container plain yogurt
2 7-oz cans whole-kernel corn, drained
1 T fresh chives, minced ... or rosemary ... or thyme

Preheat your oven to 350 and spray a 13x9 baking pan

Mix all the ingredients together, put batter into baking pan and bake for 25 minutes, until golden brown.

This will cut into 24 squares, make an extra cut on the diagonal, creating a triangle and get 48 servings

Bring on the crowd!!

Lime Chicken Soup with tortilla strips

1 cup plus 2 tablespoons olive oil
2 6-inch corn tortillas, cut into strips

6 cups canned low-salt chicken broth
2 tablespoons minced fresh cilantro
1 tablespoon minced fresh oregano
1 teaspoon apple cider vinegar
1/2 teaspoon ground cumin
1 to 2 tablespoons fresh limejuice

1 skinless boneless chicken breast half, thinly sliced
crosswise
1/2 cup chopped seeded tomato
1/2 cup chopped green bell pepper
1/2 cup chopped white onion

6 lime slices
Makes 6 servings.

Chili con Portobello --

Don't let the heat get to you! This is 1 on a 1-5 scale.

You'd swear there was meat in this chili, but it's the mushrooms. As brown mushrooms grow, they also gain meaty texture.

1 large onion, chopped
1 t. garlic (or 2 cloves)
2 T. olive oil
8 oz. Portobello mushroom caps coarsely chopped (about 4 cups)
1 28-oz. Can whole tomatoes, undrained and chopped
1 15-oz. Can red kidney beans, rinsed and drained
1 T ground cumin
1 T chili powder
Sour cream (optional)

1. In a large saucepan, cook onion & garlic in hot oil until tender. Stir in mushrooms. Cook and stir for 3 minutes. Stir in undrained tomatoes, kidney beans, cumin and chili powder.
2. Bring chili to boiling; reduce heat, cover and simmer for 1 hour. If desired, serve with sour cream. Makes 4 main-dish servings.

Red Hot Chili

This is a 5 on a 1-5 scale! Whew!

Using three sources of heat – chili powder, pickled jalapenos, and crushed red pepper – provides flavor beyond just the heat.

2 pounds boneless beef chuck roast, cut into ¾ cubes	2 pickled jalapenos chili peppers rinsed, seeded & chopped
2 T. cooking oil	4 t. chili powder
1 large onion, chopped	¾ t. salt
1 medium green sweet pepper, seeded and chopped	½ t. crushed red pepper
½ t. bottled minced garlic (1 clove)	½ t. dried oregano, crushed
2 ½ cups water	½ t. ground cumin
2 6-oz. Cans tomato paste	1 15-oz. Can pinto beans, rinsed and drained

1. In a 4-qt. Dutch oven, brown meat cubes, half at a time, in hot oil. Remove meat from pan. Add onion, sweet pepper and garlic to the Dutch oven. Cook and stir for 5 minutes. Return the meat to the Dutch oven.
2. Add the water, tomato paste, jalapeno peppers, chili powder, salt and crushed red pepper, oregano and cumin to chili mixture. Bring to boiling; reduce heat. Cover and simmer for 1 ½ hours., stirring occasionally.
3. Add beans to chili mixture; simmer about 30 minutes more or until meat is tender. Makes 6 main-dish servings.

Traditional Cincinnati Chili

This is a 2 on a 1-5 scale

In Cincinnati, a “five-way” is a plate of spaghetti topped with chili with beans, onions and cheese. The chili is seasoned with cinnamon as well as cayenne pepper

5 bay leaves	1 15 oz. Can red kidney beans, rinsed and drained
1 t. whole allspice	1 8-oz. Can tomato sauce
2 pounds lean ground beef	1 T. vinegar
2 large onions, chopped	1 t. Worcestershire sauce
½ t. bottled minced garlic (1 clove)	½ t. salt
2 T. chili powder	¼ t. ground black pepper
1 t. ground cinnamon	Hot, cooked spaghetti (optional)
4 cups water	shredded Parmesan cheese (optional)

1. For spice bag, place bay leaves and allspice in center of a double thick 6-inch square of 100% cotton cheesecloth. Bring up corners; tie with clean kitchen string. Set aside.
2. In a 5 to 6 qt. Dutch oven, cook ground beef, onion and garlic until meat is brown. Drain off fat. Stir chili powder, cinnamon and cayenne pepper into beef mixture in Dutch oven. Cook and stir for 1 minute. Stir in the water, beans, tomato sauce, vinegar, Worcestershire sauce, salt and black pepper. Add spice bag. Bring to boiling; reduce heat. Cover and simmer for 30 minutes. Uncover; simmer for 15 to 20 minutes more or until desired consistency. Remove spice bag. Discard. If desired, serve chili over spaghetti. If desired, top with sliced green onion and Parmesan cheese. Makes 8 main-dish servings.