

CHILI

With Beans | Without Beans | Vegetarian

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KITCHEN



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Makes: 4 - 5 servings

INGREDIENTS

Chili Base

2 tablespoons olive oil

1 small or 1/2 large onion, diced

1/2 green or yellow bell pepper, diced

1 large carrot, peeled, diced

1/2 - 1 jalapeno pepper, seeded and minced

2 cloves garlic, minced (about 1 tablespoon)

1-pound ground beef (or chicken, turkey)

1 tablespoon chili powder

1 teaspoon ground cumin

1 teaspoon sweet curry powder

1 teaspoon dried basil

1 teaspoon dried oregano

1 teaspoon dried cilantro

1/2 teaspoon kosher salt

1/4 teaspoon ground black pepper

1/2 cup dry red wine or 1/3 cup apple cider (no added sugar)

2 cans (14 oz each) diced tomatoes (no added sugar, low sodium)

1 cup beef or vegetable stock (no added sugar, low sodium)

With Beans

2 cans (15 oz each) beans - choose any black, red, white, pinto (low sodium, no added sugar)

Without Beans

1 medium turnip, peeled, diced

1 large parsnip, peeled, diced

- **Roast the Root Veggies** - Toss the carrot (listed in base recipe), turnip and parsnip in 2 teaspoons avocado oil; spread in even layer on baking sheet; roast in preheated 450° F oven for 20 - 30 minutes, until soft. Add to the chili during final 15 minutes of cooking.

DIRECTIONS

1. Heat olive oil over medium heat; add the onion, bell pepper, carrot (if not roasting) and jalapeno. Sauté for 3 - 5 minutes to brown and soften. Add the garlic and sauté for 30 seconds more. Add the ground meat, breaking up to crumble and sauté until fully cooked.

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2. Sprinkle the chili powder, cumin, curry, basil, cilantro, oregano, salt and pepper on top. Stir to combine and cook for 1 minute to release the flavors. Add the wine or apple cider, deglaze the pan. Add the diced tomatoes, and stock.

- IF using beans, add them to the pot along with the tomatoes and stock. Stir to combine. Bring to low simmer (medium-low heat), cover and cook for 30 minutes.
- IF not using beans, add the additional roasted vegetables during the final 15 minutes of simmering.