

The Bowl of Red Chili in Class

Ingredients:

2 pounds beef chuck roast or similar type of cut

Soy sauce

Neutral cooking oil, canola etc.

1/2 of an onion onions

3-4 cloves garlic

4-5 Tablespoons ground chili pepper(s). Store blend, or make your own combination. Not a chili mix that includes other ingredients.

1-2 Tablespoons ground cumin

8 oz. can of tomato sauce

2 cups chicken broth, or just use water (or beer, but I personally don't)

1 small can of chipotles in adobo sauce

Other miscellaneous add ins such as cayenne pepper, lemon and lemon zest, salt, cornmeal as thickener, etc.

Instructions:

Slice the beef roast into bite sized pieces

Place in a container, shake soy sauce over and turn meat. You aren't looking to soak the meat in a "marinade" but just so the soy sauce is on most of the meat surfaces. Cover and keep in the fridge.

When ready to cook, chop onion into very small dice, chop garlic

Heat just enough oil to thinly coat the bottom of your cooking pot. Pat the beef chunks with paper towels to dry them off. Brown the chunks in the pot, stirring around just so most surfaces are lightly sauteed.

Sprinkle on the powdered chilis and cumin. Stir for a minute or two.

Add in chopped onion and garlic. Cook until just a bit softened.

Stir in tomato sauce

Swirl broth, or water if you like, in empty cans to get everything and add to pot

Chop and add one chipotle from can, and a little of the adobo sauce

Turn heat down to low and simmer covered for an hour or two, stirring occasionally, every half hour or so. Each time, TASTE and adjust seasonings as you like. Add more powdered chilis, more cumin, another chipotle or two, the adobo sauce from the can, more tomato sauce, some cayenne pepper, etc. If it is too thick for your liking, add some more water/broth/beer

While you have this “free” time, make cornbread if you want to use it for serving.

If it seems too thin, sprinkle 1-2 Tablespoons of cornmeal on top and stir in, or just keep it bubbling away UNCOVERED until it is as thick as you like, stirring occasionally. As before, keep TASTING and adjusting as you like.

A little before serving, use a grater or microplane to shave off the zest of one lemon and add to pot. Slice lemon, squeeze and stir in the juice from one half.

Make rice if you want to use it for serving.

Stir in and, as always, TASTE. Add more of whatever you like and serve up.

Serve with cornbread/rice, crackers, shredded cheese, sour cream, finely chopped onion, more lemon zest.