

Texas-Style Chili

-Frank & Peggy Knippenberg

Our recipe is Texas-style, which means that cubed beef-rather than ground-is used, and there are no beans. This recipe is not too spicy hot. Add more crushed red-pepper, if more heat is desired. We all like this recipe at our farm, especially during cold weather. Each of our kids have their own way to prepare their chili. We always have sour cream, shredded cheddar cheese, diced onions, and rice ready to add to the bowls.

3-3 $\frac{1}{2}$ pounds of chuck roast	1 tbl. sugar
3 medium onions & 2 garlic cloves	1 tsp. salt (we add more to taste)
2 green bell peppers	1 tsp. cumin & $\frac{1}{2}$ tsp. crushed red pepper
$\frac{1}{4}$ cup cooking oil	$\frac{1}{2}$ tsp. oregano
2 large cans whole tomatoes (28oz size)	$\frac{1}{2}$ tsp. black pepper
1 tomato paste (12oz)	1 cup (or more) shredded Monterey Jack or Cheddar Cheese
2 cups water	

About 1 $\frac{1}{2}$ hours before serving:

1. Remove most of fat & cut chuck roast into $\frac{1}{2}$ inch strips, and then into $\frac{1}{2}$ inch or smaller cubes (freeze roast for 1 hour before cutting will make this part a lot easier). Dice onions & green peppers; mince garlic.
2. In a 5-quart pot or Dutch oven over medium-high heat, in hot cooking oil, brown meat one-third at a time, removing meat to a bowl as it browns; set aside.
3. In drippings, over medium-high heat, cook green peppers, garlic, crushed red pepper, and 2 $\frac{1}{2}$ cups onions until vegetables are tender, stirring occasionally. Reserve $\frac{1}{2}$ cup onions for garnish.
4. Return browned meat to pot; add tomatoes with their liquid and remaining ingredients except cheese; over high heat, heat to boiling. Reduce heat to low; cover and simmer 1-hour until meat is fork-tender, stirring often.
5. Serve chili in bowls over rice. Garnish with onions, cheese, & sour cream.

Makes 10 main-dish servings. About 440 calories per serving without cheese.