

## “Vegetarian” Chili

(made from animals which are vegetarian)

2# lean beef, coarse ground.	2 tsp paprika
1 onion, finely chopped	1-1/2 tsp ground comino (cumin)
3 large garlic cloves, finely chopped	1-1/2 tsp oregano
8 oz. can tomato sauce	8 Tbsp ancho chile molido (dried ground New Mexico chiles)
16 oz. can tomatoes	0 or 3/4 or 1-1/2 tsp cayenne pepper
2 tsp salt	up to 2 cups water (add 1, then as needed)

Heat a large cast iron pot. Wipe with a little vegetable oil. When almost smoking, sear the meat, a bit at a time. If at any time the juices start to accumulate, pull out the meat and put in a little grease and heat until the water is driven off and the oil is beginning to smoke again.

When all meat is seared and removed, heat up the pot again, grease again, and add the onions and garlic. Sauté until browned. Add the liquids. Stir in the solids. Simmer for 2 hours.

### Notes:

- A 3 ounce package of ancho chiles yields about 6 tablespoons of ground powder, seeds/stems removed.
- Optional: stir in up to 2 Tbsp masa harina (cornmeal) in water and stir/simmer 1/2 hour, until thick.
- Optional: add 16 oz (two cups) cooked beans (pinto or black) and simmer 1/2 hour.
- Optional: substitute some pork for beef - up to half-and-half. (Colorado versions are all-pork, less chile.)
- Optionally substitute other types of dried chiles for the ancho chiles. Beware the Scoville scale!
- Optionally add 3 or 4 chipotle peppers (smoked jalapeños).
- This recipe originally was reverse engineered from “Wick Fowler’s Two Alarm Chili,” then modified.

## Chili

(attributed to Francis X Tolbert, 1953) Texas Monthly, January 2011, p. 34

- 2 oz beef suet (substitute vegetable oil)
  - 3 lbs lean beef (preferably stewing beef)
- Cook suet until fat is rendered. Remove suet. Sear meat in 2 or 3 batches.

- 3 to 6 ancho chili pods
- Boil chilis for 30 minutes, then cool, remove stems and seeds, chop. Reserve cooking water.

Place meat in a large pot with chopped chili plus enough chili-water to cover, plus about 2 inches. Bring to a boil, simmer for 30 minutes.

- |                        |                          |
|------------------------|--------------------------|
| • 1 Tbsp oregano       | • 1 Tbsp cayenne pepper  |
| • 1 Tbsp salt          | • 1 Tbsp Tabasco sauce   |
| • 1 Tbsp crushed cumin | • 4 cloves minced garlic |

Add the above, return to boil. Cover and simmer for 45 minutes.

- 2 to 4 ancho chili pods, stemmed and seeded (not chopped)
- 2 Tbsp masa harina

Add chili to taste. Stir in masa. Simmer at least 30 minutes more, until meat is tender.