



ATCO blue
flame
kitchen™

From our kitchen to yours

AZTEC CHILI

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|---|---|
| 3 lb (1.5 kg) lean ground beef | 2 cans (28 oz/796 mL each) kidney beans, rinsed and drained |
| 3 cups (750 mL) chopped onions | 1 can (10 oz/284 mL) beef broth |
| 6 cloves garlic, chopped | 1 cup (250 mL) beer |
| 3 tbsp (40 mL) oil | 1 1/2 cups (375 mL) diced green bell peppers |
| 3/4 cup (175 mL) chili powder | 3 small cans diced green chilies, drained |
| 2 tbsp (25 mL) cumin | 1 tsp (5 mL) salt |
| 1 1/2 tbsp (22 mL) oregano, crumbled | Toppings: Shredded cheddar cheese, |
| 1 1/2 tsp (7 mL) allspice | sliced green onions, diced tomatoes, sliced |
| 1/4 cup (50 mL) cocoa | ripe olives and sour cream |
| 3 cans (28 oz/796 mL each) crushed tomatoes | |

In a very large heavy pot, cook beef, onions and garlic in oil until browned. Drain off excess fat. Stir in chili powder, cumin, oregano and allspice; cook and stir for 1 minute. Stir in cocoa. Stir in next 7 ingredients (tomatoes through salt); bring to a boil. Reduce heat and simmer, uncovered, for 45 minutes, stirring occasionally. Chili may be refrigerated for up to 24 hours. Reheat to serve. Serve with toppings. Serves 14 - 16.

Preparation Tip: As this recipe makes a large quantity, recipe may be halved or prepared in two Dutch ovens.

Call the ATCO Blue Flame Kitchen home economists, Monday to Friday, 10 a.m. to 4 p.m.

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