

Chili, the BEST

Adapted significantly from America's Test Kitchen



tablespoon light olive oil, or neutral oil
2 medium onions, chopped finely
2 1/2 cup celery, chopped finely
4 medium garlic cloves, minced or pressed through garlic press (about 4 teaspoons)
2 pounds lean ground beef
1 pound ground pork
6 ancho chiles (dried) stems and seeds removed, and flesh torn into small pieces
2 tablespoons chili powder
3 tablespoons cornmeal
2 teaspoons dried oregano
2 teaspoons ground cumin
2 teaspoons cocoa powder
4 ounces canned green chil, chopped
16 ounces canned black beans, undrained
15 ounces diced tomatoes
5 cups low sodium beef broth, or use a light lager if you have it available
2 teaspoons molasses
table salt to taste

TOPPINGS: grated cheese, chopped cilantro, grated onion, chopped green onions, crushed Fritos, crushed tortilla chips, chopped tomatoes, minced Jalapeno chiles

Yield: 12 cups

Per Serving (excluding unknown items): 389 Calories; 10g Fat (23.7% calories from fat); 49g Protein; 25g Carbohydrate; 8g Dietary Fiber; 119mg Cholesterol; 673mg Sodium; 6g Total Sugars; trace Vitamin D; 102mg Calcium; 7mg Iron; 1280mg Potassium; 519mg Phosphorus. Exchanges: .

Carolyn T's Blog: tastingspoons.com

Servings: 7

You can add more beans to this if you'd like to. The original recipe called for 1/2 pound of dried beans, so that would be at least two cans of cooked beans.

1. In a large Dutch oven heat light olive oil over medium heat. Add the chopped onions and saute until softened, about 10-15 minutes. Add celery and continue cooking for about 5 minutes, then add garlic. Cook for about one minute.
2. Remove the onion mixture from the pan and set aside.
3. Meanwhile, chop up the ancho chiles with scissors or a sharp knife, then whiz in a food processor until the chiles are in very small pieces or coarse dust.
4. Add the ground beef and ground pork to the pot and saute, chopping up the meat to separate it as it cooks. Once the pink has disappeared, add the chopped ancho chiles, chile powder (a jarred variety or make your own), ground cumin, cocoa powder cornmeal and oregano. Stir well, then add add canned tomatoes, canned green chiles, black beans (including the juice), molasses, then the beef broth and stir well.
5. Bring to a simmer, cover and cook over very low heat for about an hour, stirring a few times to make sure the mixture isn't sticking on the bottom. Taste for salt.
6. Allow mixture to cool fully and refrigerate (if possible) overnight. The flavors will meld.
7. Serve bowls of reheated chili with grated cheese and cilantro on top. Or put out small bowls of the various toppings and let people have a choice.