

Chili Con Carne

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Servings: 6



Chili is an increasingly popular subject for cookbooks, cook-offs and heated arguments among chili aficionados who debate the fine points of various recipes. Chili originated in the Aztec culture of Mexico, and was developed in the American Southwest into the dish we know today.

Chili Con Carne, which literally means chili with meat, has traditionally been thought of as a man's meal because of its hearty, spicy flavor.

This recipe provides a classic form of Chili Con Carne, which can be made hotter by adding more chili powder or hot pepper sauce. An extra plus for any chef - this chili is easy to make, and can be frozen or refrigerated for future meals.

Ingredients

1½ pounds ground round steak, coarsely
1 tablespoon oil
1 cup onion, chopped
1 clove garlic, crushed
1 (16 oz.) can tomato
1 (6 oz.) can tomato paste
2 cups water
2 (16 oz.) cans small red beans
⅓ cup chili powder
¼ teaspoon Tabasco pepper sauce
1 teaspoon salt
½ teaspoon garlic salt

Cooking Method

Brown meat in oil in Dutch oven.

1. Add onion and garlic.
2. Cook until onions are tender.
3. Stir in remaining ingredients.
4. Heat to boiling.
5. Reduce heat; cover and boil greatly 1 hour.