

Hell's Kitchen Chili

Ingredients:

3 tbl. peanut oil
1 onion, chopped
2 tsp. good quality chili powder
2 tsp. ground cumin
1 tsp. dried oregano
1 tsp. dried red pepper flakes
2 lbs. beef bottom round, cut into ½ inch cubes
2 cups crushed tomatoes
1 ¾ cups beef stock
¼ cup tomato paste
2 slices Canadian bacon, minced
1 tbl. sugar
Salt and freshly ground black pepper, to taste

Garnishes:

Chopped red, yellow, and orange bell peppers (mixed)
Chopped cilantro
Chopped onion
Sour cream
Corn chips

Directions:

Heat 2 tbl. of the oil in a flameproof casserole or Dutch oven. Add the onion, chili powder, cumin, oregano, and red pepper flakes. Cook over medium-low heat for 5 minutes.

Add the remaining 1 tbl. oil, and brown the meat over high heat, in batches if necessary.

Stir in the tomatoes, stock, tomato paste, Canadian bacon, and sugar. Simmer, uncovered, until the beef is tender, 1 ¾ hours, covering the pot when the mixture becomes thick. Season with salt and pepper.

Serve the chili in a large bowl, surrounded by small bowls of the garnishes.

~ Credit: Silver Palate Basics