



# Chili

## The Basics

Traditionally, chili is made with whatever ingredients and spices are on hand. The staples that make chili are the cumin, beans, and chilies. It is, hands down, one of the easiest and most forgiving recipes I have ever worked with. I encourage you to experiment with ingredients and make your own recipes!

### INGREDIENTS

2 cans of red or dark red kidney beans  
3\* can beans (I like to pick 3 different kinds for a round flavor profile, such as great northern beans, black eyed peas, pintos, pretty much any whole bean)  
Chicken or vegetable broth  
1lb ground meat\* (leave out for vegetarian chili)  
1 large onion, diced  
1 can diced tomatoes, you can add fresh if desired  
4-6 cloves minced garlic (to taste)  
2 Tbsp ground cumin  
2+ Tbsp red pepper flake  
Large bay leaf  
1/2 block of Bakers unsweetened baking chocolate  
Any other spices from this list to taste:  
fennel  
salt  
pepper  
chilies (green chilies, hobaneros, jalapenos)  
paprika  
cilantro (fresh or ground)

\*for vegetarian, leave out meat and add extra beans

### DIRECTIONS

Brown meat\*, onions, garlic, bay leaf, 1/2 of your chilies, and 1 Tbsp cumin until meat looks pretty well browned and/or the onions start to become translucent. Add in cans of beans with the juices. Add in broth until a slightly thinner than desired texture is obtained. The chili will thicken in cooking. Add remaining ingredients. If you use canned beans it will be ready to eat after about 30 minutes of simmering. Feel free to leave it to simmer as long as you like, but remember to stir occasionally and replace some of the liquids for a very long term cook time.