



BASIC CHILI RECIPE

*Is a tasty chili as good for the soul as chicken soup?
Use this base formula to create a signature chili and find out!*

1. Sauté 2-3 cloves minced garlic, 1 medium finely chopped onion, 1 TBSP sofrito (optional) and ½ to 1 whole finely chopped chili pepper of choice in about 1TBSP organic or canola or olive oil on **med/high** heat until veggies soften, start to brown.
2. Lower heat to **medium setting** and add in ½ pound of meat of choice, breaking up ground meat into very small bits (whole meats should be cut into either bite sized pieces or pulled/shredded from larger already cooked pieces of meat). **IF MAKING VEGGIE CHILI**, add 2 cups of veggies of choice (medium dice)
3. When (uncooked) meat appears to be almost cooked (OR starting to brown up in the case of veggies), stir in ½ cup diced tomatoes and 2½ cups tomato puree or crushed tomatoes.
4. Stir in 1TBSP chili powder blend, 1½ tsps cumin, 1tsp oregano, ¼ tsp cinnamon and 1 tsp sugar. Simmer (low) for fifteen minutes, stirring once or twice.
5. Taste - then adjust seasonings if desired. Stir in 1¾ cups cooked beans of choice (or chickpeas). IF making a veggie chili, stir in 1 cup cooked grain of choice (barley, farro or freekeh). (Add a few drops of hot sauce of choice if you like your chili spicy.) **Simmer on low** 15 more minutes. If chili is too thick, stir in ¼ - ½ cup water. Taste to check seasonings one more time.

OPTIONAL: Serve with crumbled or grated cheese of choice, chopped raw onions or Greek (or strained) non-fat plain yogurt, homemade baked tortilla strips or cornbread.

MAKE IT YOURS! CHOOSE FROM THESE INGREDIENTS TO CREATE YOUR SIGNATURE CHILI!

MEATS: ground beef, pork, turkey lamb, veal or chicken – stew beef, chicken or turkey thighs, pulled pork or chicken

NOTES: IF you are doing a straight up meat (con carne) chili, double up on the amount of meat.

VEGGIES: Bell peppers, zucchini, eggplant, mushrooms, corn etc



BEANS/LEGUMES: pinto, black, red kidney, black eyed peas, navy beans, soy (edamame), adzuki, anazazi, garbanzo (chickpeas) OR lentils

CHILI POWDERS: ancho, cayenne, chipotle, New Mexico

CHILI PEPPERS: jalapeno, scotch bonnet, cascabel, poblano, anaheim, guaillo, pasilla, Aleppo, fresno



Sofrito

This basic tomato sauce is made all over Spain and used in a number of ways. Tomatoes, onions, garlic, green peppers and olive oil are sautéed in a frying pan, so that the acid in the tomatoes mellows and mixes with the flavors of the onion, pepper and garlic. It can be eaten with rice or eggs, but often it is used as an ingredient in other dishes, such as the filling for empanadas. I like to puree it to use as a base for chili, stirred in with the aromatics after they've softened and caramelized.

INGREDIENTS

- 1 cup, plus 7 ounces crushed tomatoes (OR 2 ½ cups chopped fresh)
- 1 long green pepper (Anaheim or other type that is not "hot")
- 1 green Bell pepper
- ½ poblano pepper
- ½ jalapeno pepper
- 1 yellow onion (½ cup, chopped)
- 2 cloves garlic (1 tsp, chopped)
- virgin olive oil (about ¼ cup +/-)
- 1 tsp Spanish sweet paprika
- ½ tsp cumin
- ½ tsp ancho chili powder
- ¼ tsp each of sea salt and white or black pepper

PREPARATION

1. Finely chop the onion and garlic. Chop the peppers into 1/4" (or smaller) pieces.
2. Heat a large frying pan with a heavy bottom over medium heat. Pour in enough olive oil to coat the bottom of the pan.
3. once oil is hot, put the onions into the pan and sauté them until they are transparent, reducing the heat if necessary so as not to burn them.
4. Add the peppers and continue to cook for 5 minutes, adding olive oil if necessary. Be sure to stir often, so vegetables do not burn.
5. Add the minced garlic and sauté for 1 minute more.
6. Pour the crushed tomatoes and paprika into the pan and mix well. Continue to cook for about 10-15 minutes. Cook down to a paste-like consistency.

Veggie Chili

This chili packs plenty of flavor and bulk, even without meat!



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## INGREDIENTS

- 2 TBSPs sofrito
- total of about ¼ - ½ cup pure olive oil for cooking veggies
- 1 large onions, diced (small)
- 2 cloves garlic, minced
- ½ jalapeno or poblano pepper, seeded & finely chopped
- 1 cups crimini mushrooms, roasted
- ½ large zucchini, diced (small)
- 2 cups tomato puree/crushed tomatoes
- ¾ cup diced tomatoes
- ½ cup chickpeas (aka garbanzo beans), well rinsed
- ½ cup black beans, well rinsed
- ½ cup red kidney beans, well rinsed
- 2 tsps Mexican spice blend
- ½ tsp Adobo seasoning blend
- 1½ tsps cumin
- ½ tsp sea salt
- 1 cup pearl barley
- 1 cup water
- 2-4 drops of your favorite hot sauce, to your taste
- 1 tsps sugar
- ½ tsp cinnamon

## PREPARATION

1. Mix chili powders, cumin, Adobo and salt together with a fork.
2. **Sauté** onion, pepper and garlic in 1-2 TBSPs olive oil and the sofrito (medium heat) just until they start to soften. Be careful not to burn the garlic! Add **just half** of the spice mixture & a drop or two of hot sauce – ADD zucchini and mushrooms and sauté until they start t brown.
3. **Stir** in tomato puree, chopped tomatoes, the remaining spices and sugar.
4. Add the barley and 1 cup of water, bring to a boil, then simmer (low) for about 15-20 minutes. Stir in the chickpeas and beans and simmer for about 10 more minutes. Taste and adjust seasonings if needed.
5. Remove from heat & either serve or (even better) let it sit overnight in your ‘fridge - after cooling down - the flavor will just get better! Serve with grated extra sharp cheddar, queso fresco and/or parmesan, chopped onions & crumbled tortilla chips.

# **TURKEY & CHICKPEA CHILI**

*This tasty turkey chili is also kind to your heart!*



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INGREDIENTS

- ABOUT 1 POUND LEAN GROUND TURKEY
- 2 CUPS TOMATO PUREE/CRUSHED TOMATOES
- 1 ½ CUPS DICED TOMATOES (SMALL DICE)
- 1 15oz CAN CHICKPEAS, WELL RINSED
- OPTIONAL: 1 or 2 ROASTED, PEELED & AND CHOPPED JALAPENOS
- OPTIONAL: 1 CUP GOOD QUALITY FROZEN CORN (do NOT defrost!)
- OLIVE OIL (ABOUT 3 TBSPs)
- ½ LG ONION, small chop
- 2 LG CLOVE GARLIC, minced
- ABOUT ½ tsp ANCHO CHILI POWDER
- ABOUT ½ tsp CHIPOTLE CHILI POWDER
- 1 tsp ADOBO SEASONING
- 1 & ½ tsps CUMIN
- 1 tsp SEA SALT OR KOSHER SALT
- ¼ - ½ tsp HOT SAUCE (I LIKE GREEN TOBASCO) --- TO YOUR TASTE

PREPARATION

1. Mix spices & Adobo and salt together with a fork
2. Sauté onion, garlic & jalapenos in about 1 TBSPs oil, ½ of the spice mixture & a drop or two of hot sauce - add more oil if needed - keep heat at medium/low - you don't want to burn the garlic & onion...cook just until onions soften up.
3. Add ground turkey, crumbling into small pieces as you cook it...stir and keep breaking up into very small bits as it cooks...when it's almost (but not quite) cooked through, stir in the tomato puree and chopped tomatoes, then add the remaining spices
4. Simmer for about 15 minutes, stirring a few times, then add the chickpeas.
5. Simmer for about 5 more minutes, then stir in the frozen corn and the sugar.
6. Remove from heat & either serve or (even better) let it sit overnight in your 'fridge - after cooling down - the flavor will just get better!

NOTES:

- **TASTE AND ADJUST SEASONINGS BEFORE SERVING**
 - **SERVE WITH SHREDDED SHARP CHEDDAR, QUESO OR PARMESAN CHEESE, CHOPPED ONIONS OR SCALLIONS AND TORTILLA CHIPS**
- REHEATS GREAT IN THE MICROWAVE (ABOUT 3-3 ½ MINUTES ON 80% POWER - COVERED LOOSELY WITH A SMALL PLATE - STIR BEFORE TASTING!) -- OR -- YOU CAN FREEZE SOME IN AIRTIGHT CONTAINERS!**

SWEET POTATO-BLACK BEAN & CHICKEN CHILI



The sweet potatoes and black beans make a great flavor combination in this chili. You could use turkey instead of chicken, but please don't substitute breast meat for thigh meat! The meat won't be as moist.

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## **INGREDIENTS**

- ABOUT 1 POUND CHICKEN THIGHS, SKINS REMOVED AND CUT INTO **BITE SIZED PIECES**
- 2 CUPS TOMATO PUREE/CRUSHED TOMATOES
- 1 15oz CANS BLACK BEANS, WELL RINSED
- ½ JALAPENO PEPPER, VERY FINELY CHOPPED
- 1 LARGE SWEET POTATO, PEELED AND CUT INTO ½ " DICE (OR - you can sub butternut squash)
- ABOUT 3 - 4 TBSPs CANOLA OR OLIVE OIL
- ½ LG ONION, SMALL DICE
- 2 LG CLOVE GARLIC, minced
- 2 tsps MEXICAN SPICE BLEND
- 1 tsp ADOBO SEASONING
- 2 tsps CUMIN
- about ½ tsp kosher salt
- ½ - to 1 tsp HOT SAUCE (I LIKE GREEN TOBASCO) --- TO YOUR TASTE
- 1 tsp SUGAR
- ¼ tsp cinnamon

## **PREPARATION**

1. Put diced sweet potato (OR butternut) into a glass pie plate with about ¼ cup water and microwave for 6 minutes on HIGH. Set aside.
2. Mix spices & Adobo and salt together with a fork, THEN sauté onion and garlic in about 2 TBSPs oil, ONLY HALF of the spice mixture & a drop or two of hot sauce - add more oil if needed - keep heat at medium/low - you don't want to burn the garlic & onion...cook just until onions soften up.
3. Add small chicken pieces and sauté until almost cooked through. STIR in the tomato puree and tomatoes, then add the remaining spices.
4. Simmer for about 15-20 minutes, stirring a few times, then add the black beans and stir in the sugar.
5. Simmer for about 5-10 more minutes. Remove from heat & serve or (even better) let it sit overnight in your 'fridge - after cooling down - the flavor will just get better!

### **NOTES:**

- **TASTE AND ADJUST SEASONINGS BEFORE SERVING**
- **SERVE WITH SHREDDED SHARP CHEDDAR, QUESO OR PARMESAN CHEESE, CHOPPED ONIONS OR SCALLIONS AND TORTILLA CHIPS**



# CHILI CON CARNE

*YUP - No beans, just the meat. Simple and tasty, this chili is perfect over rice!*

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INGREDIENTS -

- ABOUT ½ POUND GROUND PORK
- ABOUT 1 POUND GROUND BEEF (OR BISON)
- ½ LG POBLANO PEPPER, SEEDED AND CHOPPED INTO SMALL DICE
- 1 ½ CUPS TOMATO PUREE/CRUSHED TOMATOES
- 1 CUP DICED TOMATOES
- 1 SMALL ONION, **FINELY CHOPPED**
- 2 LG CLOVES GARLIC, minced
- ABOUT 3 TBSPs CANOLA OR OLIVE OIL
- 1 tsp MEXICAN SPICE BLEND
- 1 tsp ADOBO SEASONING
- 1 tsp CUMIN
- a drop or 2 of HOT SAUCE (I LIKE GREEN TOBACCO) --- TO YOUR TASTE
- ½ tsp CINNAMON
- ½ tsp SUGAR

PREPARATION:

1. Mix spices & Adobo and salt together with a fork, THEN sauté onion, garlic and poblano pepper in about 2 TBSPs oil, ½ of the spice mixture & a drop or two of hot sauce - add more oil if needed - keep heat at medium/low - you don't want to burn the garlic & onion...cook just until onions soften up
2. Add ground meats, breaking up into tiny pieces as you sauté it. Cook until it's ALMOST cooked through, THEN stir in the tomato puree and tomatoes and add the remaining spices.
3. Simmer for about 10 minutes, stirring a few times, then stir in the sugar. Simmer 10-15 more minutes.
4. Remove from heat & either serve or (even better) let it sit overnight in your 'fridge - after cooling down - the flavor will just get better! Serve w/toasted tortillas.

NOTES:

- **TASTE AND ADJUST SEASONINGS BEFORE SERVING**
 - **SERVE WITH SHREDDED SHARP CHEDDAR, QUESO OR PARMESAN CHEESE, CHOPPED ONIONS OR SCALLIONS AND TORTILLA CHIPS (SEE APP. SECTION)**
- REHEATS GREAT IN THE MICROWAVE (ABOUT 3-3 ½ MINUTES ON 80% POWER - COVERED LOOSELY WITH A SMALL PLATE - STIR BEFORE TASTING!) -- OR -- YOU CAN FREEZE SOME IN AIRTIGHT CONTAINER**

Super Vegetarian Chili

INGREDIENTS

- 3 whole sweet dried chilies like Costeño, New Mexico, or Choricero, stems and seeds removed
- 2 small hot dried chilies like Arbol or Cascabel, stems and seeds removed (optional)
- 3 whole rich fruity dried chilies like Ancho, Mulatto, Negro, or Pasilla, stems and seeds removed
- 1 quart water
- 2 whole chipotle chilies in adobo sauce with 2 tablespoons sauce from can
- 2 (14-ounce) cans chickpeas
- 1 (28-ounce) can whole tomatoes packed in juice
- 2 tablespoons vegetable oil
- 1 large onion, finely diced
- 3 cloves garlic, grated on a microplane grater
- 1 1/2 tablespoons cumin
- 2 teaspoons dried oregano
- 1 tablespoon soy sauce
- 1 teaspoon marmite or vegemite
- 2 (14-ounce) cans dark red kidney beans, drained, liquid reserved separately
- 2 tablespoons vodka or bourbon
- Kosher salt
- 2 to 3 tablespoons masa

PREPARATION

1. Add dried chiles to large heavy-bottomed Dutch oven or stock pot and cook over medium-high heat, stirring frequently, until slightly darkened with intense, roasted aroma, 2 to 5 minutes. **Do not allow to smoke.** Remove chiles to small bowl and set aside. Transfer to a 2-quart microwave-safe liquid measuring cup or bowl. Add water and chipotle chilies, cover with plastic wrap, and microwave on high power until gently simmering, about 5 minutes. Remove from microwave and set aside. Transfer chilies and liquid to blender and blend, starting on the lowest possible setting and gradually increasing speed to high (make sure to hold the lid down with a clean kitchen towel or a potholder to prevent it from blowing out). Blend until smooth, about 1 minute.
2. Drain chickpeas, reserving liquid from can. Transfer chickpeas to a food processor and pulse until just roughly chopped, about three 1-second pulses. Set aside.
3. Roughly squeeze tomatoes through your fingers into approximate 1/4-inch pieces. Add to chickpea water along with any juices.
4. Heat oil in a large saucepan or Dutch oven over medium-high heat until shimmering, but NOT smoking. Add onions and cook, stirring frequently, until softened but not browned, about 4 minutes. Add garlic, cumin, and dried oregano and cook, stirring constantly, until fragrant, about 30 seconds. Add pureed chilies, soy sauce, and marmite and cook, stirring constantly, until fragrant, about 30 seconds. Add reserved chickpea/tomato water mixture and stir to combine. Add chopped chickpeas and kidney beans. Stir to combine.
5. If beans are sticking out of the top, add reserved kidney bean liquid until just barely submerged. Bring to a boil over high heat, reduce to a bare simmer, and cook, stirring occasionally, until thick and rich, about 1 1/2 hours, adding more reserved kidney bean liquid as necessary if chili becomes too thick or sticks to the bottom of the pan.
6. When cooked, add vodka or bourbon and stir to combine. Season to taste with salt and whisk in masa in a slow steady stream until desired thickness is reached. For best results, allow chili to cool and refrigerate for at least one night and up to a week. Reheat to serve.
7. Serve, garnished with cilantro, chopped onions, scallions, avocado, lime wedges, and warm tortillas as desired.

Pork-Leek-Tomatillo & Black-Eyed Peas Chili



INGREDIENTS

- 1 TBSP sofrito (**optional**)
- 4 cloves minced garlic
- $\frac{3}{4}$ s cup finely chopped leek
- $\frac{1}{2}$ finely chopped jalapeno pepper
- about 6 med/lg tomatillos, peeled, cleaned and diced small (about $\frac{1}{4}$ "
- about 1TBSP canola or olive oil
- 1 pound ground pork
- $\frac{1}{2}$ cup diced tomatoes
- $2\frac{3}{4}$ s cups tomato puree/crushed tomatoes
- 1 tsp Mexican Spice Blend
- $1\frac{1}{2}$ tsps cumin
- 1 tsp oregano
- $\frac{1}{4}$ tsp cinnamon
- 1 tsp sugar
- 1 tsp lime juice
- 1 15 oz can black-eyed peas, **rinsed well** if from can (2 cups cooked al dente otherwise)

1. Sauté on Med/Hi (6-7): ***2 cloves minced garlic, * $\frac{1}{2}$ cup finely chopped leek, *1 TBSP sofrito (optional) and * $\frac{1}{2}$ finely chopped jalapeno pepper in *about 1TBSP canola or olive oil** until veggies soften and start to get a little browned.
2. Lower heat to 3 or 4 and add in ***1 pound of ground pork**, breaking up ground meat into very small bits as you cook.
3. When (uncooked) meat appears to be **almost** cooked stir in *** $\frac{1}{2}$ cup diced tomatoes and * $2\frac{3}{4}$ s cups tomato puree/crushed tomatoes.**
4. Stir in **1 tsp chili powder blend, $1\frac{1}{2}$ tsps cumin, 1 tsp oregano, $\frac{1}{4}$ tsp cinnamon and 1 tsp sugar.** Simmer (low) for fifteen minutes, stirring once or twice.
5. Taste and adjust seasonings if desired. Stir in **1 cup black-eyed peas (or white beans).** Add a few drops of **hot sauce** of choice if you like your chili spicy. Simmer 5 more minutes. If chili is too thick, stir in **$\frac{1}{4}$ - $\frac{1}{2}$ cup water.** Taste to check seasonings one more time.

SERVING SUGGESTION: Serve with crumbled or grated cheese of choice or Greek non-fat plain yogurt, homemade baked tortilla strips or cornbread

Beef & Squash Chili

BY DAWN PERRY & CLAIRE SAFFITZ BON APPÉTIT DECEMBER 2014

A warming beef chili gets serious depth from toasted chiles and a touch of sweetness from squash.

INGREDIENTS

- 1 dried ancho chile
- 1 dried pasilla chile
- 3 cups low-sodium chicken broth
- 2 tablespoons plus 1 teaspoon vegetable oil
- 1 pound boneless beef chuck roast, cut into 1/2" pieces
- Kosher salt
- Freshly ground pepper
- 1 large white onion, finely chopped
- 4 garlic cloves, finely chopped
- 2 teaspoons ground cumin
- 1 teaspoon dried oregano
- 1 (12-ounce) bottle lager
- 1/2 acorn squash, scrubbed, sliced into thin wedges, then into 1" pieces
- 2 tablespoons fresh lime juice
- 2 TBSPs raw pumpkin seeds (pepitas)

TOPPINGS

- Sour cream
- Chopped avocado
- Sliced red onion (for serving)

PREPARATION

1. Toast chiles in a dry small skillet over medium-high heat, turning occasionally and pressing down to help them make contact with the pan, until darkened in color and beginning to soften, about 3 minutes. Transfer to a bowl and cover with 2 cups boiling water; let sit 30 minutes to soften. Drain; remove seeds and stems. Purée chiles and broth in a blender until smooth, about 1 minute. Once chiles have soaked 10 minutes, heat 1 tablespoon oil in a large heavy pot over medium-high.
2. Season beef with salt and pepper and cook, stirring occasionally, until browned all over, about 5 minutes. At this point, quite a bit of liquid will have accumulated; continue to cook until it has evaporated, about 3 minutes. Transfer beef to a plate.
3. Add 1 tablespoon oil to pot, then white onion and garlic; season with salt and pepper. Cook, stirring often, until softened, 6–8 minutes; onion juices will help loosen anything left on bottom of pot. Add cumin and oregano and cook, stirring, 1 minute.
4. Return beef to pot and add beer. Bring to a boil, reduce heat, and simmer, stirring occasionally, until almost completely reduced, about 4 minutes. Add chile purée, season with salt and pepper, and bring to a boil. Reduce heat and simmer until liquid is slightly thickened and meat is tender, 20–25 minutes. Add squash; cover and cook until tender, 10–15 minutes. Stir in lime juice.
5. Meanwhile, preheat oven to 350°F. Toss pumpkin seeds and remaining 1 teaspoon oil on a rimmed baking sheet; season with salt. Bake, stirring occasionally, until golden brown, 8–10 minutes. Let cool.
6. Serve chili topped with sour cream, avocado, red onion, and toasted pumpkin seeds.

Chili Colorado

Here's how you do it:

- ❖ Take **5 anchos**, **2 pasillas**, and **2 guajillos**, and remove the stems and seeds. Look for chiles that are soft and pliable, like a raisin. **If they are brittle, they are old and will be flavorless—don't use them!**
- ❖ Cover chiles with **3 cups of boiling chicken stock** and let them steam, covered with plastic wrap, for about 30 minutes until they are plump and tender. Put the chiles **and all of the soaking liquid** into a blender and purée until very smooth.
- ❖ Cut **2 pounds of boneless pork shoulder** into ½” pieces, season with **salt** and **pepper**, and brown the meat in a large, heavy pot over medium-high heat with a **little bit of vegetable oil** to keep it from sticking.
- ❖ Chop up a **bunch of garlic** (about 6 garlic cloves) and throw it in the pot along with **two bay leaves**, a **tablespoon of ground cumin**, and **a couple of teaspoons of chopped fresh sage and chopped fresh oregano** (Mexican oregano if you have it). Stir that around for about a minute, or until very fragrant.
- ❖ Add in **5 cups of chicken stock** and simmer uncovered for about an hour.
- ❖ Then, stir in the chile purée and simmer for another 45 minutes until the meat is very tender and the sauce is a thick, mahogany-red color. Season with additional salt and pepper.

***Serve with Mexican rice, beans a la charra,
and/or homemade flour tortillas.***

Indian Head Cornmeal Package Cornbread Recipe



INGREDIENTS

- 1 cup Indian Head Yellow Corn Meal
- 1 cup unbleached AP flour
- ¼ cup (all natural/unprocessed) sugar
- 3 tsps baking powder
- 1 tsp salt
- 1 cup 1% OR skim milk
- 2 eggs, beaten
- ¼ cup canola **OR** sunflower **OR** safflower oil
- ½ cup sweet or shoepeg frozen corn
- 2 TBSPS honey
- butter for greasing the pan

PREPARATION

1. PREHEAT oven to 400°. Grease 8 x 8 pan with the butter.
2. In a mixing bowl, combine cornmeal, flour, sugar, baking powder, and salt.
3. In a separate bowl, whisk together milk, eggs, honey and oil.
4. Combine wet and dry ingredients – AND the corn - until just blended; **don't overmix!**
5. Pour batter into the prepared pan and bake for 20-25 minutes or until golden brown. Test for doneness with a skewer. Let bread cool for a few minutes before cutting.

White Chicken Chili

FROM SARA MOULTON, POSTED ON JANUARY 30TH, 2014

This quick-to-make version of a neighborhood restaurant favorite is delicious unadorned, but, add the accompaniments and some homemade or store-bought cornbread, and it is over the top!

INGREDIENTS

- 4 TBSPs (1/2 stick) unsalted butter
- 1 medium onion, chopped (about 1 cup)
- 3 garlic cloves, minced (about 1 TBSP)
- 1 very finely chopped jalapeno pepper
- ¼ cup unbleached all-purpose flour
- 1 TBSP chili powder
- 1 TBSP ground cumin
- ¼ to ½ tsp cayenne pepper
- 2 cups homemade chicken stock or canned chicken broth
- 1 cup white wine or additional chicken stock
- 2 pounds ground chicken
- Two 15- or 15 1/2-ounce cans cannellini or navy beans, drained and rinsed
- 2/3 cup non-fat plain Greek yogurt
- Kosher salt and freshly ground black pepper

Suggested Accompaniments: salsa, chopped avocado, grated cheese, chopped scallions

PREPARATION

1. Add oil & butter to a large saucepan pre-heated for 30 seconds on medium heat. Add the onion and jalapeno, turn to Medium/Low and cook, stirring occasionally, until softened, about 5-6 minutes.
2. Add the garlic and cook about 1 minute until it begins to soften (BE CREFUL – garlic burns very easily!).
3. Whisk in the flour, chili powder, cumin, and cayenne and cook 2 minutes longer. Gradually whisk in the broth and wine; bring to a boil and simmer 3 minutes.
4. Add the chicken and simmer gently until the chicken is just cooked through, about 8 minutes. Add the beans and yogurt and cook 15 minutes or until nicely thickened. Season with salt and pepper to taste. Serve with the accompaniments.

CHEESEY-CHIVEY CORNBREAD

This is really simple...if you want to spice it up a bit, add a ½ to 1 tsp chili powder, 1 chopped jalapeno & ½ tsp cumin.



INGREDIENTS

- 3 TBSPs melted butter
- 3 TBSPS canola, sunflower or safflower oil
- 1 TBSP melted and cooled honey
- about 1 TBSP vegetable oil for pan
- 1 ½ cups yellow cornmeal
- ½ cup all-purpose flour
- 1 TBSP baking powder
- ½ tsp salt
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- 1 ½ cups buttermilk
- 1 large egg, lightly beaten
- ½ cup chopped chives (you can sub scallions)
- 1 cup PLUS ¼ cup shredded extra sharp cheddar OR Mexican blend cheese
- ½ cup good quality frozen corn

PREPARATION

1. Stir together cornmeal, flour, baking powder and salt.
2. Whisk together milk, honey and egg, then add to dry ingredients, stirring **just until moistened**. Stir in the 3 TBSPs melted butter and 3 TBSPs oil.
3. Add cheese, corn and scallions or chives, stirring just until combined.
4. Pour batter into greased baking pan (8x8, or a lg pie plate).
5. Bake at 425° for 18 minutes. QUICKLY, remove and sprinkle the reserved cheese over the top evenly. QUICKLY – return to oven for 5-10 more minutes, until golden/light brown and tester inserted into center comes out clean.
6. Cool for 5-10 minutes before cutting and serving.

VARIATION

Fill casserole dish/pan a bit more than half way full with your favorite chili...top with the cornbread batter and bake about 20 minutes until bread is done (lightly browned, pulling away from edges of pan.)



HOMEMADE TORTILLA CHIPS

When you bake your own chips, you control the amount of oil, the type of oil and the amount and type of salt and other seasonings. In these recipes, you will see my favorite spice combinations, but feel free to experiment with your favorite flavors!

Just remember to watch them carefully - individual oven temperatures may vary, so check chips at the early end of the time range and add time in small increments as needed.

INGREDIENTS

- 1 package corn tortillas (small)
- about ¼ cup + canola or olive oil
- coarse sea salt - OR - kosher salt
- about 1 tsp of NJs Mexican Spice Blend
- about 1 tsp cumin

MATERIALS

- ½ SHEET PAN (w/sides)
- PASTRY BRUSH
- THIN, SLOTTED SPATULA
- PAPER TOWELS
- TUPPERWARE TYPE CONTAINER - OR GALLON-SIZED ZIP-LOC TYPE BAGGIES

PREPARATION

1. PREHEAT OVEN TO 400°.
2. Mix chili spice blend and cumin together thoroughly.
3. Brush a ½ sheet pan (the kind with about ½" high sides - no higher!) with enough oil to just cover surface and prevent sticking. Sprinkle **lightly** w/course sea salt and chili powder-cumin blend
4. Cut tortillas in half, then each half into thirds (triangles). Lay chips down flat onto the pan...if you alternate direction of pieces as you place them, you'll be able to fit more - the pan's surface should be completely covered.
5. Brush top of chips with oil - **don't soak them** - but try to cover as much of surface as possible. Sprinkle **lightly** with coarse sea salt and your spice mix.
6. Turn pan after 3 minutes, check after 2 more - baking until golden brown and hard to the touch - usually not more than 6-8 minutes total.
7. Remove chips with slotted spatula, drain on paper towels and serve - or store in tightly covered Tupperware type container (or gallon zip-loc bags) with paper towels -

NOTE: DO NOT seal containers until the chips have completely cooled