

'After Burn' Chili

Pratt & Whitney Rocketdyne Fire Department, Jupiter FL
Palm Beach Post

Servings: 8

2 tablespoons olive oil
3 cloves garlic, minced
2 large sweet onions, diced
1 pound lean ground beef
1 pound beef round, cubed
14 ounces diced tomatoes
1 cup coffee
14 ounces (1 3/4 cup) ginger beer
14 ounces (1 3/4 cup) beef stock
12 ounces tomato paste
1 teaspoon oregano
1 teaspoon cayenne
1 tablespoon cumin
2 wedges Mexican chocolate (such as Ibarra)
2 cans (30 oz ea) red kidney beans, divided
4 large poblano peppers, seeded and diced large
1 jalapeno pepper (optional)

In a saute' pan, heat the oil and saute' the garlic until translucent. Set aside in a bowl.

Using the same pan, brown the ground beef. Drain and place in a separate bowl.

Using the same pan, sear the beef cubes.

Place the garlic and onion, ground beef and beef cubes in a large pot on medium heat.

Add the tomatoes, coffee, ginger beer, beef stock and tomato paste. Stir thoroughly.

Add the oregano, cayenne, cumin, chocolate, one can of beans, poblano peppers and jalapeno (if using) to the pot. Gently stir.

Bring to a low boil. Cover and reduce the heat to a simmer for 1 1/2 hours, gently stirring occasionally.

Add the remaining beans and cook for an additional 30 minutes.

Per Serving (excluding unknown items): 562 Calories; 24g Fat (39.3% calories from fat); 37g Protein; 46g Carbohydrate; 10g Dietary Fiber; 78mg Cholesterol; 4136mg Sodium. Exchanges: 2 Grain(Starch); 4 Lean Meat; 3 Vegetable; 3 Fat.