

Chunky Beef Chili

Fresh Ways with Soups & Stews
Time-Life Books

Servings: 8

2 dried ancho chile peppers, stemmed, seeded and quartered
2 jalapeno peppers, stemmed, seeded and coarsely chopped
2 tablespoons safflower oil;
2 pounds beef chuck, trimmed of fat and cut into 1/2-inch chunks
2 large onions, finely chopped
2 stalks celery, finely chopped
2 cloves garlic, finely chopped
2 tablespoons fresh ginger, finely chopped
1 tablespoon ground cumin
1 tablespoon Mexican oregano
1/4 teaspoon cayenne pepper
1/4 teaspoon freshly ground black pepper
1 tablespoon flour
1 can (14 ounce) unsalted tomatoes with their juice, coarsely chopped
1 bay leaf
1 1/2 teaspoons salt
1/2 teaspoon grated orange zest

Preparation Time: 1 hour

Put the ancho chilies into a small saucepan. Pour in two cups of water and boil the liquid for 5 minutes. Turn off the heat and let the chilies soften for 5 minutes.

Transfer the chilies to a blender or food processor with 1/2 cup of their soaking liquid; reserve the remaining liquid. Add the jalapeno peppers and puree the chilies until the mixture is very smooth. Strain the puree through a sieve into the reserved soaking liquid, rubbing the solids through with a spoon.

Heat 1/2 tablespoon of the oil in a large, nonstick or heavy-bottomed skillet over medium-high heat. Add about one-fourth of the beef chunks and cook them, turning the pieces frequently, until they are browned all over - approximately 8 minutes. Transfer the browned beef to a large, heavy-bottomed pot. Brown the rest of the beef the same way, using all but 1/2 tablespoon of the remaining oil in the process.

Add the last 1/2 tablespoon of the oil to the skillet along with the onions, celery and garlic. Saute the vegetables for 5 minutes stirring frequently. Stir in the ginger, cumin, oregano, cayenne pepper and black pepper. Cook the mixture for 1 minute. Add the flour and cook for 1 minute more, stirring constantly. Transfer the mixture to the pot.

Pour the reserved chili mixture and two cups of water into the pot. Stir in the tomatoes and their juice along with the bay leaf, salt and orange zest. Cook the mixture, uncovered, over very low heat until the meat is tender - two and one-half to three hours. (Do not allow the mixture to boil or the meat will toughen.) If the chili begins to get too thick, add water, 1/2 cup at a time, until it reaches the desired consistency.

Start to Finish Time: 4 hours

Per Serving (excluding unknown items): 258 Calories; 18g Fat (63.5% calories from fat); 19g Protein; 5g Carbohydrate; 1g Dietary Fiber; 66mg Cholesterol; 468mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 2 Fat.

Per Serving Nutritional Analysis

Calories (kcal):	258	Vitamin B6 (mg):	.4mg
% Calories from Fat:	63.5%	Vitamin B12 (mcg):	2.9mcg
% Calories from Carbohydrates:	7.2%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	29.3%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	18g	Folacin (mcg):	17mcg
Saturated Fat (g):	7g	Niacin (mg):	3mg
Monounsaturated Fat (g):	8g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	66mg	% Refuse:	0 0%
Carbohydrate (g):	5g	Food Exchanges	
Dietary Fiber (g):	1g	Grain (Starch):	0
Protein (g):	19g	Lean Meat:	2 1/2
Sodium (mg):	468mg	Vegetable:	1/2
Potassium (mg):	402mg	Fruit:	0
Calcium (mg):	28mg	Non-Fat Milk:	0
Iron (mg):	3mg	Fat:	2
Zinc (mg):	4mg	Other Carbohydrates:	0
Vitamin C (mg):	4mg		
Vitamin A (i.u.):	54IU		
Vitamin A (r.e.):	5 1/2RE		

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 258 **Calories from Fat:** 164

% Daily Values*

Total Fat	18g	28%
Saturated Fat	7g	36%
Cholesterol	66mg	22%
Sodium	468mg	19%
Total Carbohydrates	5g	2%
Dietary Fiber	1g	4%
Protein	19g	

Vitamin A	1%
Vitamin C	7%
Calcium	3%
Iron	15%

** Percent Daily Values are based on a 2000 calorie diet.*