



Bowl of Red

Ingredients

1 to 2 lbs. ground beef (use 2 lbs. for a "no-beans" version, which is true to competition style. If you are adding beans, 1 lb. of ground beef is plenty.)

1 14 1/2 oz. can chicken broth

1 8 oz. can tomato sauce

1 C warm water

1 tsp. (or 1 cube) beef bouillon powder

Spice Dump #1

1 T Mexene chili powder

1 T onion powder

2 T dried oregano

2 tsp. garlic powder

1 tsp. cumin

1/2 tsp. salt

1/2 tsp. ground black pepper

1/4 tsp. cayenne pepper

Spice Dump #2

2 T Mexene chili powder

1 T cumin

1 tsp. garlic powder

1 tsp. Tabasco pepper sauce

Preparation

In a large heavy pot, brown the ground beef and break up into small bits. Once cooked completely, drain fat as desired. Add chicken broth to the cooked meat. Simmer at a low heat for 30 minutes uncovered. (The chicken broth will tenderize the meat and reduce to a salty flavoring.)

Dissolve the beef bouillon in warm water. Add that and tomato sauce to the pot. Add Spice Dump #1. Bring to boil, then reduce to simmer for 1 1/2 hours, covered.

Uncover the pot and add Spice Dump #2 and Tabasco. Add 2 15 oz. cans of beans now, if desired. (Use black beans, kidney beans, pinto beans or canned chili beans with sauce. We usually use 2 types (1 can each).) Simmer uncovered to desired thickness. Sauce should be a rich, gravy consistency.

Serve chili over Fritos or spaghetti like they do at Hard Times Cafe. Or serve in a big bowl and top with grated cheese, diced onions or jalapeno. We serve our chili with K.O.'s Jalapeno Cheddar Biscuits.