



**F E A T U R E D
M E N U**

Chef's Classic Tex-Mex Chili

This week we are proud to feature Maïna-Béland-Rahm from Food for All NB, our series partner. Maïna is the Projects and Community Food Mentors (CFM) Program Coordinator and she is stopping by to talk more about the organization, food security and how they continue to keep New Brunswickers connected and involved through knowledge, mentorship programs, networking and community projects.

I chose to cook up this recipe because its one that has been handed down to me (with a couple of tweaks) and there are so many ways to serve chili that even the ficklest of eaters will enjoy. Chili also freezes and cans well for those quick meals in a pinch and saves a few dollars on the grocery bill!

As always, support local, the coffee is from Epoch Chemistry, and the ground beef from Jamieson Beef.

Enjoy!

Chef Cherrie

Series Partners

Albert County Food Bank



Local Products



PANTRY/GROCERY LIST

- 1 lb Ground Beef or Turkey
- Olive Oil
- Garlic Cloves
- Cumin
- Coriander
- Oregano
- Paprika
- Salt and Pepper
- White Onion
- Stout Beer
- 14 oz Can Crushed Tomatoes
- 19 oz Can Kidney Beans
- Brewed Coffee
- Tomato Paste
- Bunch Mint
- Dark Chocolate
- Dried Chilies (Chipotle, Poblano, Ancho)
- Maple Syrup
- Corn Flour (Masa Harina or Nacho Chips Ground)

KITCHEN TOOLS

- Knife & Cutting Board
- Bowls
- 5 qt Dutch Oven
- Measuring Equipment
- Garlic Press (Optional)
- Wooden Spoons

FOOD SUSTAINABILITY SERIES #TEN



Putting the Chili Together:

In a 5 qt Dutch oven over medium/high heat, add olive oil and sauté the onions until soft and translucent then add the cumin, coriander, oregano and paprika and sauté for 30 seconds up to a minute to release the oils from the spices and the herb to bloom then add the garlic and cook a few seconds longer.

Add the ground beef or turkey and cook for about 5 minutes stirring often and season with salt and pepper.

Add the tomatoes, beer, coffee, tomato paste, maple syrup, rehydrate pepper, beans and chocolate. For added heat you may add the jalapeno or habanero peppers. Turn down to medium low and simmer uncovered for up to 60 minutes.

To thicken the sauce add the crushed nacho chips or corn flour (Masa Harina).

Serve with a dollop of sour cream and shredded Manchego or cheddar cheese.

You can double up the recipe and freeze in containers or bottle the sauce following canning instructions.

This chili can be served on its own or: with nachos, hot dogs, Sloppy Joe's, macaroni and cheese, roasted eggplant or zucchini, pizza pockets, stuffed peppers...the sky's the limit!



Chef's Classic Tex-Mex Chili

Serves 2

Cook time including preparation: 60 minutes

By Chef Cherrie Moreault of ChefTorial

- 1 lb ground beef or turkey
- 2 tbsp olive oil
- 1 c white onions diced
- 4 garlic cloves minced
- 1 c stout beer
- 1 - 14 1/2 oz can red tomatoes diced
- 1/2 c brewed strong coffee
- 2 tbsp tomato paste
- 1 - 2 oz dark chocolate
- 1 tsp cumin
- 1 tsp coriander
- 1 tsp oregano
- 1-2 dried chilies (re-hydrated as per recipe instructions) such as ancho, poblano, chipotle or 2 chipotle peppers in adobe sauce
- 1 tsp paprika
- 1 tbsp maple syrup
- 19 oz can kidney beans
- 1 tbsp corn flour (Masa Harina) or crushed corn nacho chips
- salt and pepper to taste
- 1-2 jalapeno, or habanero peppers for added heat

Re-hydrating the peppers:

Scoop out the insides of the dried pods with a knife.

Heat a large pan to medium-high heat and dry roast the peppers about 30-60 seconds per side.

Set peppers into an oven proof bowl and pour boiling water over them for about 15 -30 minutes. When soft, discard the water and drop pepper into the chili pot.

****HAVE YOUR INGREDIENTS CUT AND/OR MEASURED**