

Carderock Chili Recipes

2009 FUN FEST CHILI CHAMPION RECIPE (#5)

David Wahl's (really Reta Smith's)

WHITE BEAN CHILI WITH SALSA VERDE

MAKES 8 (1-CUP) SERVINGS

Salsa Verde:

- 2 cups coarsely chopped fresh tomatillos or 2 (11-ounce) cans tomatillos, chopped and drained (see

Note)

- 1/2 cup chopped onion
- 1/2 cup chopped fresh cilantro
- 1 pickled jalapeno chile, chopped
- 1 clove garlic, peeled and minced
- 1/2 teaspoon lemon pepper
- 1/2 teaspoon dried oregano
- 1/2 teaspoon adobo seasoning or garlic powder (see note)
- 3 tablespoons freshly squeezed lime juice

Chili:

- 2-1/2 cups water
- 1 teaspoon lemon pepper
- 1 teaspoon whole cumin seed
- 4 chicken breast halves (about 1-1/2 pounds), skin removed
- Nonstick cooking spray or 1 teaspoon olive oil
- 1 clove garlic, peeled and minced
- 1 cup chopped onion
- 2 (9-ounce) boxes frozen white corn, thawed
- 2 (4-ounce) cans diced green chiles, undrained
- 1 teaspoon ground cumin
- 3 tablespoons freshly squeezed lime juice
- 2 (15-ounce) cans Great Northern beans, undrained
- 2/3 cup crushed white corn chips
- 2/3 cup shredded, reduced-fat Monterey Jack cheese

Combine salsa ingredients (through lime juice) in a medium bowl; mix well. Refrigerate for 30 minutes to blend flavors.

Meanwhile, for the chili, in a large saucepan combine water, lemon pepper and cumin seed; bring to a boil.

Add chicken breast halves. Reduce heat to low. Cover and simmer for 25 to 30 minutes, or until chicken is fork-tender and juices run clear.

Remove chicken from bones. Cut chicken into 1-inch pieces and return them to saucepan. Spray a medium skillet with cooking spray; heat over medium heat. Add garlic; cook, stirring, for 1 minute. Add to chicken mixture. Add onions to medium skillet and cook, stirring, until tender. Add onions, corn, chiles, ground cumin and lime juice to chicken mixture. Bring to a boil. Add beans; heat thoroughly.

To serve, place about 1 tablespoon crushed tortilla chips and 1 tablespoon cheese in each of 8 individual soup bowls. Ladle hot soup over cheese. Serve with salsa.

Note: Tomatillos resemble small green tomatoes and can be found at most larger grocery store chains or at Hispanic markets. They have a thin paper shell that needs to be removed before chopping. Adobo seasoning can also be found in the Hispanic sections of most grocery stores.

Hint – Make 1 1/2 - 2 times the amount of Salsa Verde noted to ensure it does not run out before the chili does! You can never have enough.

SECOND PLACE (#8)

Susan Smith-Pinelo's Cincinnati Style Chili

A copycat of "Skyline Chili", the most popular chili restaurant in the Ohio area. I tweaked it by adding more spices to satisfy my husband who is a devoted follower of this chili.

SERVES 10 -12 ([change servings and units](#))

- 2 lbs [ground beef](#)
- 2 cups chopped [onions](#)
- 4 cups beef stock
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- 2 (8 ounce) cans [tomato sauce](#)
- 2-3 tablespoons [chili powder](#)
- 2 tablespoons [apple cider vinegar](#)
- 2 teaspoons [worcestershire sauce](#)
- 1/2 ounce grated unsweetened chocolate or 2 3/4 tablespoons cocoa
- 2 teaspoons [instant minced garlic](#)
- 1 teaspoon [ground cinnamon](#)
- 1 teaspoon [ground cumin](#)
- 1/2 teaspoon [salt](#)
- 1/2 teaspoon ground red pepper or [cayenne pepper](#)
- 1/4 teaspoon [ground allspice](#)
- 1/4 teaspoon [ground cloves](#)
- 1 [bay leaf](#) or 1/8 teaspoon bay leaf powder

THIRD PLACE: TIE! (#1 AND #7)

Mark Hill's Sweet and Spicy Chili! (#1)

brown 1 lb of ground beef
chop and add 2 onions and 1 green pepper
add in 1 tablespoon of fresh garlic, chopped or pressed
add in 2-3 tablespoons of chili powder
add in 28 oz of stewed tomatoes, crushed
add in 3 cans of kidney beans or other, drained

While this is simmering on low heat, brown 1 pound of sausage--in links or ground. (If links, once cooked, cut into slices). Put sausage in a bowl and add 2 tablespoons of real maple syrup, or more to taste. Let it soak, and then add to the chili.

Lastly, add a cup or two of beer or wine to add flavor as well.

Jayne Valesco's -All The Rage-Raw-Vegan Chili (#7)

2 cups blended fresh tomato
1/2 a cucumber, peeled
2 stalks of celery
1/2 a seeded red bell pepper
1 cup fresh herbs of choice
1/2 a cup of dulse (a sea vegetable)
3 cloves of garlic
1/3 cup of lemon or lime juice
1/4 cup olive oil
1/4 cup Nama Shoyu
1 1/2 Tablespoons chili powder
1 teaspoon ground cumin
1/2 teaspoon sea salt

Blend all together in high speed blender.

Garnish with chopped celery, bell peppers, sweet onion and lentils that have been sprouted for 2-3 days. Enjoy!