



Winter Bash 2013 Recipe

Chunky Fall Chili (Chuck Hobbs)

Uses pork tenderloin chunks instead or stewing beef or hamburger. Easy to double recipe and freeze for future use. The recipe is very flexible, so don't be afraid to experiment or add / change ingredients.

Preparation time: 5 minutes

Cooking time: 15 minutes

Makes 8 cups (2 liters) and freezes very well.

Recipe

Vegetable oil

4 garlic cloves minced or 1 tbsp (15 ml) bottled chopped garlic

2 onions, coarsely chopped

2 peppers, your choice of green, yellow or red peppers, coarsely chopped

2 tbsp (30 ml) chili powder (smoked chili powder also an option for slight change in taste)

1 tbsp (15 ml) ground cumin

2 tsp (10 ml) dried oregano leaves

½ tsp (2 ml) each salt and cayenne

28 oz (796 ml) can diced tomatoes

1 pork tenderloin

19 oz (540 ml) can black or kidney beans

½ cup (125 ml) finely chopped coriander (optional)

Sour cream, chopped green onion and / or shredded cheddar cheese for garnish

Directions

1. Lightly oil large saucepan and set over medium high heat. Add garlic, onions and peppers. Sprinkle with chili powder, cumin, oregano, salt and cayenne. Stir occasionally until onions start to soften, 2-4 minutes.
2. Pour in entire can of tomatoes. Stir using a wood spoon to get any brown flavour bits from pan bottom. Bring to a boil, and then reduce heat to medium-

low. Cover and simmer, stirring occasionally, to develop the flavours (5 minutes or more).

3. Slice pork tenderloin lengthwise into quarters. Cut into one inch (2.5 cm) pieces. Stir pork into chili, cover and simmer, stirring often, until meat is cooked (about 10 minutes).

4. Meanwhile, drain and rinse the beans. After the meat has cooked ten minutes, add the beans and continue cooking until beans are warmed through, about two more minutes. Remove from heat and stir in coriander (if using).

5. Spoon into bowls and top with dollops of light sour cream, sliced green onions and / or shredded cheddar cheese.

6. Chili will keep well, covered and refrigerated, up to five days, or frozen up to two months.

(Recipe from Chatelaine magazine).