

## Mabel's Basic Chili Recipe

3 pounds of Ground Chuck browned in olive oil  
2 onions diced and added to the browned meat  
10 cloves of garlic minced and added in

**When onions and garlic are clear, add in:**

1 28 ounce can of plum tomatoes with juice, diced or whole  
1 28 ounce can of drained kidney beans  
6 cups of water  
1 tablespoon of red wine vinegar

Salt to Taste

You will find this recipe tasty enough without adding any creative input. If you so desire, you may replace some flat beer with water, add more cumin, add a hint of chocolate and allspice to name a few.

For more flavor in this dish, you can make your own chili powder. Generally, the smaller the peppers, the hotter they are. For peppers you can use ancho, arbol, Serrano, mild New Mexico, and guajillo. To make chili powder you would toast the peppers in a skillet for a few minutes and then grind. Chili Powder is 5 parts ground peppers to 2 parts oregano, and 2 parts cumin to 1/2 part ground red pepper.