

Mom's Beef Chili Con Carne

Serves 8 | Active Time: 1 hour | Total Time: 4 hours

Swick

Chef's Notes

The base of this recipe was given to me by my mother but over time as my culinary skill has improved so has the flavor and method of this old time favorite. Even my mom liked it better my way.

The problem I always have with chili is I never seem to make it the same way twice. My new favorite thing to add is hickory smoked bacon and I leave out the sausage meat.

I intentionally don't make this chili super spicy so more people can enjoy it. My kids love chili but "please not to spicy Daddy". I personally love it hot so I'll add a bit of Tabasco sauce or more hot Chile paste to my own bowl at the table. We love to eat this with along with a big bag of good tortilla chips.

This is the best tomato sauce ever and it's what I use in everything.

Step 1: Starting the Chili

- 1 tbsp grapeseed oil
- 1 1/2 lb lean ground beef
- 2 chorizo sausages
- 1 tsp ground coriander
- 1 tsp cumin
- 1 tbsp chil powder
- salt and pepper (to taste)
- 1 medium onion
- 2 ribs celery
- 4 cloves Fresh garlic
- 2 carrots
- Hot chili pepper to taste
- 150 grams hickory bacon

Heat a large pot over medium high heat and once hot add the oil, ground meat and sausage meat removed from the sausage skin or you can also use bacon which is my new favorite thing to do.

Next, add the coriander, cumin and 1 table spoon of chili spice, as well as salt and pepper. While that cooks dice up the onion, brunoise the carrot and celery.

When the meat is browned remove it from the pan and set aside.

If there is a lot of rendered fat you may want to pour that off. Now you can add the diced up onion, carrot and celery. When the onion is translucent add the garlic and sauté for a minute.

If you'd like to really turn up the heat finely dice up a chili pepper and add it in here.

Step 2: Draining the Beans

- 4 cups of red kidney beans

Drain the beans and rinse. I find 4 large cans do the trick great.

If you like you can also cook beans from dry. First soak them overnight, then cook for a few hours until softened.

Step 3: Draining the Tomatoes

- 2 cans diced tomatoes

You'll want to do the same with the tomatoes. Drain them but this time reserve the juice, we won't need the juice for the chili but it's great to hold onto for making rice with.

Step 4: Building the Sauce

- 3 tbsp chili powder
- 1 tbsp paprika
- 1/4 tsp cinnamon
- hot chili sauce to taste
- 2 tbsp balsamic vinegar
- 2 tbsp brown sugar
- 2 cups tomato sauce

To the mirepoix add the cooked meat and brown sugar and mix through. Now add the tomato sauce and stir in and cook till it thickens a bit

Introduce the, vinegar, cinnamon, paprika, hot chili sauce, and last of the chili powder. Bring to a simmer.

Step 5: Folding in Beans and Tomatoes

When this starts to thicken then add drained kidney beans and diced tomatoes.

Step 6: Cooking the Chili

- 1 bunch fresh cilantro
- salt and pepper to taste
- chili powder to taste
- 1/4 cup butter (optional)

Let this simmer over a low heat for at least 1.5 to 2 hours. Remember to stir often and check the seasoning. (Conversely I now like to place the pot into a 200 degree oven for three to four hours which makes this a great meal to make early and come home to finished and waiting for dinner.)

About ten minutes before you're ready to serve take the chili off the heat and stir in the cold butter (if using) and the chopped cilantro. Check the seasoning and add to your taste.