

Butler's ~~Ethnocentric Soup~~ Beef Chili

The recipe is fairly customary—beef, dried chiles, spices. Ideally, it takes two days—though it could be done in a few hours or left to lounge in the fridge for a few days.¹

1 lb ground beef (80/20 or 85/15)	4 whole dried Guajillo or Ancho chiles (or both)
2 lb chuck roast	2 dried Chipotle chiles
2-3 jalapenos	Worcestershire Sauce
2 bell peppers	Frank's Red Hot
2 large yellow onions	cumin
6 garlic cloves	black pepper (freshly ground)
tomato paste	Goya Adobo (or just salt)
1 carton low sodium chicken or beef stock	chili powder
3 cans dark red kidney beans	bay leaf
Canola or Vegetable oil	dried oregano

Prep work (Day 1):

- Split dried chiles, remove seeds and membrane. Toast in a medium-hot pan, pressing flat with a spatula, until fragrant (about 10 seconds per side). Do not burn. Soak in water to cover for 20 mins. Puree in a blender, adding soaking liquid as needed until smooth and pourable.
- Remove fat/grizzle/sinew from chuck roast then cut into small cubes. (Chuck's grizzly, but the labor to trim it pays dividends in terms of flavors for stewing!)
- Very finely dice one onion
- Very finely dice jalapeno (remove seeds for less heat if desired)

Cooking (Day 1):

- Season chuck cubes liberally with Adobo and black pepper, pat dry, and brown in small batches on medium-high heat in canola or vegetable oil. Do not crowd the pan; brown in batches. Set the browned cubes aside.
- Season the ground beef (c. 1T) with chili powder then brown on high heat. Set aside.
- Melt the onions and jalapeno over lowest heat, stirring often (about 20-30mins). Add more oil if pan is dry.
- Add 3T tomato paste, toast the paste til dark red, then add garlic and cook til fragrant.
- Return chuck and ground beef and all their juices to pan.
- Deglaze pan with stock and Red Hot and Worcestershire; scrape up all the browned bits from the bottom.
- Add the pureed chile mixture, a bay leaf, and 1tsp dried oregano.
- Simmer, covered, slowly, on very low heat until chuck cubes are tender but not falling apart (c. 3 hours).
- Let cool then refrigerate overnight.

Prep work (Day 2):

- Dice onion and bell peppers.

Cooking (Day 2):

- Sauté onions and peppers. Add to chili.
- Drain kidney beans and add to chili.
- Add 1tsp cumin and 1tsp fresh ground black pepper.
- Slow simmer on low heat just until the peppers and beans are tender (c. 1 hour).
- Let rest for a bit. Add more cumin, oregano, s/p as needed.
- Eat
- Enjoy !

¹ This recipe is null and void if cooked in a crockpot. ☺