

Regina's Authentic Texas Chili (medium spicy)

This recipe was developed when I ate red meat. I now use ground chicken or turkey.

15 oz	Hunts tomato sauce
28 oz	Hunts petite diced tomatoes
8 oz	Low sodium beef broth (or chicken)
12 oz	Your favorite beer
12 oz	Water
2 lbs	80/20 lean ground beef
3 lbs	90/10 lean ground sirloin
1	Large white onion chopped
1	Large yellow onion chopped
8	Cloves garlic minced
10 Tbs	Ground chili powder
1 Tbs	Ground cayenne pepper
1 Tbs	Paprika
3 Tbs	Ground cumin
1 Tbs	Brown sugar
1 tsp	Ground coriander seed
1 tsp	Oregano leaves
½ tsp	Ground cinnamon
½ tsp	Ground cloves
½ tsp	Salt

Place tomato sauce, diced tomatoes, broth, beer, water, onion, garlic, and spices into a large pot. Stir to mix.

Brown approximately 1 lb of the ground meat at a time until it is no longer pink. Strain through a colander to remove excess fat. Add browned meat to pot.

When all the meat is added stir the mixture well. Cover and bring to a boil. Immediately reduce heat to low. Allow the chili to cook on low for 2 hours. Stir every 15 – 20 minutes.

If you are serving the chili within 2 hours allow it to stay in the pot on the stove with the burner off. If not, refrigerate or freeze.

I serve this with cornbread. I also garnish the chili with minced green onion, diced jalapeno peppers, sour cream, and/or cheese.

Makes a ton for you to share with friends and to freeze.