

Chili: The Official Dish of Texas

2 pounds freshly ground beef	1 teaspoon cumin
4 cups (1 quart) tomato juice	(if you like real flavor, add more)
1 (29-ounce) can tomato purée	1 ½ teaspoons garlic powder
1 (15-ounce) can red kidney beans, drained	1 teaspoon salt
1 medium onion, chopped (about 1 ½ cups)	½ teaspoon black pepper
½ cup celery, diced	½ teaspoon dried oregano
¼ cup green bell pepper, diced	½ teaspoon sugar
¼ cup chili powder (you may want to use less)	
⅛ teaspoon cayenne pepper	

In a frying pan, brown the ground beef, then drain off the fat. Put the beef and the remaining ingredients into a 6-quart pot. Cover the pot and let the chili simmer for 1 to 1 ½ hours, stirring every 15 minutes. You can also put this in the crock pot on low for 3 to 4 hours while the chili simmers.

Laura Ashley Childress

Protein

Senior Division