

HAMBURGER CHILI

F EASY

Last Modified: 03/10/2015

PREP: 15 Min
COOK: 1 Hr 20 Min
STOVETOP

MEXICAN

MAKES 6 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
2	Pounds	Ground Chuck (80 / 20)	Drained
2	Cloves	Garlic	Minced
1	8 Oz	Can Tomato Sauce (Hunts)	
2	Tbsp	Chili Powder (Hot)	
1	Tsp	Ground Cumin	
1	Tsp	Dried Oregano	
1	Tsp	Kosher Salt	
1/4 +/-	Tsp	Cayenne Pepper	To Taste
1/4	Cup	Masa Harina (Mexican Corn Flour)	
1	14 1/2 Oz	Can Kidney Beans (Drain & Rinse)	
1	14 1/2 Oz	Can Pinto Beans (Drain & Rinse)	

OPTIONAL GARNISHES

	Sharp Cheddar Cheese	Shredded
	White Onion	Fine Dice
	Tortilla Chips	
	Lime Wedges	

PREPARATION

FACTOID	When I lived near Kennett Square, PA in the middle 1990's, a great local Mexican Restaurant's Chef confided in me (after MUCH begging and groveling) her Great Grandmother's recipe with the promise that I would NEVER cook it for as long as I lived in Pennsylvania (I didn't).
FACTOID	Authentic Corn flavored Mexican Chili - I enjoyed this in PA, Mexico City and San Diego. In Mexico there are NO Yellow Onions available, mostly White Onions, so take heed for creating your "authentic" Mexican fare.
HINTS	The longer this cooks for and the more times you re-heat it, the better it tastes.
TOOLS	1) Stock Pot & Lid 2) Fine Wire Strainer 3) Small Mixing Bowl
PREP	DISH 1) Mince the Garlic Cloves and set them aside.
1	Place the Ground Beef in a stock pot and sprinkle with the garlic. Cook it over medium heat until browned. Drain off any excess fat, and then pour in the Tomato Sauce, Chili Powder, Cumin, Oregano, Salt and Cayenne Pepper. Stir together well, cover, and then reduce the heat to low. Simmer for 1 hour, stirring occasionally. If the mixture becomes overly dry, add a little water as needed.

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2	After an hour, place the Masa Harina in a small mixing bowl. Add 1/2 cup Water and stir together with a fork. Dump the Masa mixture into the Chili. Stir together well, and then taste and adjust the seasonings. Add in more Masa Paste and / or Water to get the Chili to your preferred consistency, or to add more Corn Flavor. Add the drained Beans and simmer it for an additional 10 minutes more.
SERVE	Ladle the Chili into bowls and serve while hot.

