

Aztec Chili

- * 1 can refried Pinto beans
- * 3 cans Rotel diced tomatoes (hotness at your option)
- * 1 can of Tomato Sauce
- * 1 pound bag of dried pinto, small red or black beans
- * 1 tablespoon Cocoa Powder
- * 1 tablespoon Clover Honey or Maple Syrup
- * 1 tablespoons Garlic Powder
- * 2 tablespoons Chili Powder
- * 1 medium onion, chopped
- * 2 tablespoons Ground Cumin Seed
- * 1/4 teaspoon Ground Cayenne (or to taste)
- * 3 tablespoons Oregano
- * 1/2 teaspoon Ground Nutmeg
- * 1/4 cup of finely chopped cilantro leaves
- * Himalayan or Kosher Crystal or Sea Salt (to taste)
- * Black Pepper (to taste)
- * 4 tablespoons cooking oil (I use coconut oil)
- * 2 pounds extra lean ground beef (or beef jerky finely chopped), pork, turkey or chicken or use 1 pound each of two different meats. You can also substitute a pound of steak sliced into small thin pieces for a pound of ground meat.
(for vegetarian chili substitute: 2 cans Black Beans or Pinto Beans, drained, for meat)
- * 2 large jalapeno, banana or Anaheim peppers, diced (substitute Poblano peppers for spicier chili)
- * 1 tablespoon diced garlic
- * 1 package of frozen corn
- * 1 pound of diced potatoes (I like to use baby Dutch potatoes halved)
- * 1/4 cup apple cider vinegar, unfiltered
- * 1/4 cup beef or vegetable or chicken broth/water/beer

Prepare beans in advance according to directions on the package and drain.

Put the beans, tomatoes, etc. in a pot (see second paragraph below).

In a large frying pan with the cooking oil, using medium heat, sauté the chopped onion until soft. Then clear an area and add the diced garlic spread out so it is cooked evenly (add a little more oil if necessary). After a couple of minutes, blend the onions and garlic and push to the sides of the pan. Add the diced peppers and cook until soft. Next blend the peppers with the onions and garlic. Finally, add the cilantro and mix it into the onions, garlic and peppers. Push the mixture to the sides of the pan and add the meat (if used). Break the meat into small pieces and cook until well done. Mix the meat and onion mixture and turn off the heat.

Place all of the other ingredients in a large pot or Crockpot (my preference) using medium heat while sautéing the other ingredients. Add in the sautéed ingredients when ready and let simmer long enough for the ingredients to blend (15 min to several hours).

Serve hot with freshly fried cornbread and butter. You can also use either cheddar cheese or a soft fried egg as a garnish for each bowl of chili. **Note:** You can substitute 2 pounds of diced fresh tomatoes for the canned tomatoes, if desired. If you don't plan to simmer the chili for several hours, I suggest that you pre-cook the potatoes. I usually dice them and then cook them for 10+ minutes in the microwave until they pierce easily with a fork.