

Bev's Infamous Chili

Served at *Annie's Place Restaurant, West Palm Beach, Florida*
Eight Servings @ Six (6) *Weight Watcher® Points (or less) per full-sized Serving*

The base of this recipe came from the booklet that accompanied my first electric frypan. It has been adjusted over the years to suit my tastes and to create a more complex and satisfying dish. To quote co-workers who sampled this most recent incarnation, "This is the best *#@! chili I've ever tasted!" Add, subtract, increase, decrease, make it your own. And by thinking "*low-fat*," by focusing on lean cuts and extra veggies, I lowered the original recipe from lord-knows-how-many *Weight Watcher® Points* to as little as six per serving. Maybe less, since the beans and veggies are so high-fiber, they may lower the final count. But count six to be safe.

Ingredients:

- Cooking spray (original called for 2 T oil – I prefer flavored oil) (0 points)
- 1 pound shredded lean beef roast (2.5 points per 2 oz. serving)
(original called for one pound of ground beef, which is 3 - 4 points per 2 oz. serving)
- ½ pound shredded lean pork roast (1 oz. = 1.5 points)
(original called for lean ground pork or sausage – 1 oz. = 3 points.)
- 1 ½ cups thinly-sliced onion (1/8 of a point per serving)
(Mix them up! Use different types of onions for flavor depth)
- 1 cup finely-diced celery (0 points)
- 1 clove garlic peeled, cut fine (or more to taste if you like garlic) (0 points)
- ½ green pepper, diced* (0 points) and ½ red pepper diced* (0 points)
* Use a mix of peppers, depending on the desired heat: jalapeno, scotch bonnet, cubanelle, Italian frying pepper, poblano, New Mexico, Serrano, etc., etc., etc.
The blend of peppers – some mild, some medium, some hot – will provide layers of flavor and heat. Also, try some rehydrated dried red peppers of varying heat.
Peppers all are 0 points.
- 2 cups of chopped fresh tomatoes or canned tomatoes (0 points)
- 1 to 2 T chili powder (or more to taste) (0 points)
(In addition, you may opt for some of the pure chili pepper powders)
- 1 tsp. To 1 T cumin powder (0 points)
- 2 T cold water (0 points)
- pinch (or more) cayenne pepper (0 points)
- 1 T fresh or 1 tsp. dry oregano (0 points)
- 1 T fresh or 1 tsp. dry basil (0 points)
- 1 T fresh or 1 tsp. dry marjoram (0 points)
- (1 T fresh or 1 tsp. dry any other favorite herbs you'd like to try) (0 points)
- 2 tsp. salt (0 points)
- 1 T honey (or sugar) (1/8 of a point per serving)
- 1 tsp. Worcestershire sauce (or more to suit your taste) (0 points)

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1 tsp. hot pepper sauce (like Tabasco) (or more to suit your taste) (0 points)

4 cups cooked or canned red kidney beans

(or use a mix of kidney, black, pinto, adzuki (sweet red), white or other beans for more levels of flavor and color) Cooked beans = 2 points per half-cup. (High fiber and protein!)

1/4 cup chopped fresh cilantro or 1/8 cut very finely chopped fresh culantro

Preparation:

Preheat the frypan to 400 degrees. Spray with cooking spray (or add oil), then the beef and pork.

If you're using ground beef or sausage, stir and fry until lightly browned. Drain the meat well to eliminate excess fat. (Eliminate ALL POSSIBLE fat!)

If you're using shredded beef or pork, lightly brown only, since it's already cooked.

Add onions, celery, garlic and peppers. Continue stirring and sauteing until onions are golden color (about 10 minutes). Use additional cooking spray if needed to prevent veggies from sticking.

Mix chili powder, cumin, cayenne, salt, honey, Worcestershire and hot pepper sauce, plus if using dry herbs, the oregano, basil and marjoram. (Hold fresh till closer to the end, as heat destroys the flavor of fresh herbs.)

Add tomatoes and spice mixture to the pot with the meat and veggies.

When the mixture reaches a boil, cover, reduce heat and simmer for about an hour.

Drain excess liquid from the beans, and add to the pot. Cook uncovered until well heated and chili has reached the thickness you prefer. For thinner chili, add more tomatoes, or fat-free vegetable, beef or chicken stock, or water.

When just about done, add the chopped cilantro or culantro, plus the herbs from above if you're using fresh.

Turn off the heat, and let the flavors meld for at least five minutes without additional heat.

Serve with hard rolls, tortilla chips or tortillas, cooked potatoes, rice, or hot sweet or savory corn bread. Just be sure to count the extra points. ***Each serving = 6 points as prepared.*** Increase veggies and beans, and decrease meat, and you'll still have a satisfying even lower-point meal.

Notes:

This recipe can easily be doubled.

It's really best the second day, after the flavors have had a chance to develop in the refrigerator, and freezes quite well, too.

It's a great party dish, easy to prepare in abundance and in advance so you can enjoy your party.