

A Recipe for

Chili con Carne

*Presented by Oklahoma Panhandle State University's SDEA
At the 2009 Oklahoma Panhandle State University Annual Chili Cook-Off*

Ingredients:

2 lbs. lean ground beef

2 cloves crushed garlic

1 tsp salt

2 tsp oregano

1 tsp red pepper sauce

2 cans dark red kidney beans

10 oz can tomato puree

1 large onion finely chopped

2 T. chili powder

2 tsp cumin

2 tsp cocoa powder

1 tsp cinnamon

28 oz. tomato sauce

Directions:

Brown ground beef in a large pot with onion and garlic. Drain fat and return to pot. Add all other ingredients EXCEPT beans and bring to a boil. Reduce heat and simmer on medium-low for 1 hour. Add beans (drained if you prefer your chili thick and not soupy). Heat on low for 20 additional minutes.

Serve with grated cheese (your preference) and tortilla chips.