

Texas Chili

Serves 6

Ingredients

1 ½ teaspoons non-aromatic olive oil, divided
8 ounces (227g) bottom round, cut in fine dice
8 ounces (227g) turkey thigh, cut in fine dice
1 onion, cut into ¼ inch (¾ cm) dice
10 ¾ ounce (305g) can tomato puree
2 jalapeno peppers, seeded and chopped (leave the seeds if you like it hot)
4 ounce can diced green chilies
1 teaspoon ground cumin
1 teaspoon dried oregano
¼ teaspoon cayenne pepper
1 tablespoon cocoa
¼ teaspoon salt
1 ½ cups dealcoholized red wine (this is an option, can be replaced with beef stock)
1 ½ cups low sodium beef stock or water
3 cloves garlic, bashed and chopped
1 tablespoon cornmeal
1 ½ cups cooked brown rice
3 cups canned pinto beans, rinsed and drained

Garnish

½ cup finely chopped raw onions
½ cup chopped cilantro
6 tablespoons parmesan cheese

Directions

Mix 1 teaspoon of the oil with the diced beef. Drop into a hot pan to brown. When it's pretty well browned, about 2 minutes, add the turkey and continue cooking 2 more minutes. Tip out onto a plate.

Heat the remaining oil in the unwashed pan and sauté the onion until it starts to wilt, 2 to 3 minutes. Add the jalapenos, diced chiles, cumin, oregano, cayenne, cocoa, and salt. Cook 1 minute longer. Pour in the wine and stock, bring to a boil, reduce the heat and simmer 30 minutes.

Stir in the garlic and cornmeal. Cook 3 or 4 minutes until the chili thickens. Divide the rice and beans among 6 hot bowls. Ladle the chili over the top and pass the garnishes at the table.