



McCaskill Family Services, PLLC
Pediatric Psychologist & Psycho-Educational Evaluation Specialists
Main Business Office: 409 Plymouth Rd., Suite 250, Plymouth, MI 48170
Brighton Location: 2040 Grand River Annex, Suite 300, Brighton, MI 48114
Phone: (734) 416-9098, Ext. 1 FAX: (734) 416-0158
www.mccaskillfamilyservices.com office@mccaskillfamilyservices.com

Chili Recipe

You will need a large pot or Dutch oven for this recipe, or you can cut the recipe in half.

Ingredients:

- 2 Tbsp olive oil
- 2 Lbs. ground beef
- 2 cups chopped celery
- 2 cups chopped sweet onion
- 56 Oz. diced/petite tomatoes
- 16 Oz. kidney or black beans (rinse before adding)
- 30 Oz. Brooks chili hot beans (you can use mild if you'd prefer)
- 18 Oz. tomato paste
- 30 Oz. water or beer (Miller Lite is a good option for this recipe)
- 2 cups frozen sweet corn
- 3 Tbsp Worcestershire
- ½ Cup of brown sugar
- 1 Tbsp Liquid Smoke
- 3 Tbsp chili powder
- 1 Tbsp minced garlic
- 1 Tbsp paprika
- 1 Tbsp ground cumin
- 1 tsp oregano
- 5 Tbsp of a chili spice blend (you can get packets at your local grocery store)
- If you like your chili hot, add ¼ or ½ tsp cayenne pepper

Instructions:

1. Heat the olive oil in a skillet over medium heat
2. Sauté chopped onion and celery in oil until transparent. Set aside.
3. Cook ground beef in a large pot or Dutch oven over medium heat, drain liquid
4. Add sautéed vegetables to ground beef
5. Add all ingredients together except for herbs/spices in same pot as veggies and ground beef.
6. Add each herb/spice in, one at a time
7. Bring to a boil, then simmer for one hour