

# SUPER CHILI

Score a touchdown with this easy-to-serve meal

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A big pot of chili is an easy way to score points with your Super Bowl party guests.

Everyday cooks use a variety of ingredients that aren't allowed in International Chili Society-sanctioned competitions. The ICS defines traditional red chili as any kind of meat cooked with chili peppers, spices and other ingredients such as broth and onions.

Take beans, for example. They are forbidden. And what about using pasta, such as in Cincinnati-style chili? Fuhgeddaboutit. It's another forbidden ingredient.

When I make chili, I focus on the beef, spices and texture; it should be not too thin or too thick.

I use a big hunk of chuck, round or sirloin — whatever is on sale or tucked away in the freezer. But I avoid ground beef, which makes what I call hamburger soup. Cubed or diced beef is much better.

The key to cubing or dicing the beef with little effort is to make sure it's well-chilled. If the beef is too warm, it'll be too

squishy and the pieces won't be even in size. To chill the meat, put it on a plate and stick it in the freezer for at least 30 minutes. Take it out and immediately cut it into strips and then into cubes.

Another key to a hearty, flavorful chili is using the right chili powder. Using a blend of different powders allows you to round out the flavor and more easily control the spiciness and heat.

Check specialty markets for a wide variety of chili powders. You can find ones ground from different chili peppers such as California peppers, Chimayo peppers, pasilla, ancho and chipotle. Try Penzeys Spices (penzeys.com) to find a variety if you can't find any locally.

This recipe should satisfy hungry football fans. It has beans and also uses Bloody Mary mix, which not only adds flavor but gives the chili a good texture.

**Super Chili**

2 1/2 to 3 pounds beef chuck roast about 2 inches thick, trimmed of fat  
1 to 2 tablespoons canola oil,  
divided

1 large onion, peeled, diced  
1 large red pepper, diced  
1 large green pepper, diced  
1 large jalapeno pepper, seeded, minced  
1 chipotle pepper in adobo sauce, minced, optional  
1 can (14.5 ounces) fat-free, less sodium beef broth  
2 cans (14.5 ounces each) chili beans (medium or hot)  
1 can (28 ounces) diced fire-roasted tomatoes or regular tomatoes  
2 cups favorite Bloody Mary mix (spicy preferred)

## Spice Mixture

1 tablespoon garlic powder  
6 to 8 tablespoons favorite chili powder (a mix of mild and hot)  
1 tablespoon smoked paprika  
2 tablespoons light brown sugar  
1 teaspoon cumin  
1 teaspoon salt  
1 teaspoon black pepper  
1 tablespoon cornstarch

Set the whole beef roast on a plate and place it in the freezer for 1/2 hour — this will make it easier to slice.

Slice the meat into 1/4-inch-thick whole pieces. Stack several of the slices and cut them into strips and then into about 1/2-inch dice.

Repeat with remaining meat. Pat the

meat dry with paper towels.

In a large pot, heat 1 tablespoon of the oil. Working in batches, add the meat to the pot and brown on all sides. Remove browned meat using a slotted spoon. Repeat with remaining meat, adding additional oil if needed.

Add the onion to the pot and saute about 10 minutes or until it's lightly golden. Add all the peppers and saute until just tender. Add the beef broth, chili beans, tomatoes and Bloody Mary mix. Bring to a boil and then reduce heat to low. Mix together the spice mixture and add half of it to the chili. Cover the pot and simmer on low 1 1/2 hours. Sprinkle in the remaining spice mixture and cook about 20 minutes more. Taste and adjust seasoning as necessary. Serve with accompaniments such as sour cream, shredded cheese, sliced green onion, cilantro leaves and crumbled baked tortilla chips.

Makes: 16 cups. Preparation time: 30 minutes

Total time: 3 hours (not all active time)

Analysis per 1 cup.

213 calories (42 percent from fat), 10 grams fat (3 grams sat. fat), 18 grams carbohydrates, 14 grams protein, 391 mg sodium, 38 mg cholesterol, 4 grams fiber.