

Chili

A relatively simple and unique chili based on a Betty Crocker recipe.

Ingredients

1. Stage 1
 - 1 lbs hamburger or sausage
 - 1 large onion, chopped
 - 2 clove garlic, crushed
2. Stage 2
 - 1 tbs chili powder
 - 1 tsp cumin
 - 1 tsp oregano leaves
 - 1 tsp cocoa
 - dash of red pepper flakes
 - dash of celery seed
 - dash of paprika
 - splash of whiskey or beer
 - 1 can stewed tomatoes
 - 1 can condensed tomato soup
3. Stage 3
 - 1 can kidney beans
 - 1 can vegetables (probably corn), drained

Instructions

1. Cook and stir Stage 1 in stock pot until brown. Remove excess grease with paper towel.
2. Stir in Stage 2 ingredients; break up tomatoes. Heat to boiling; reduce heat. Cover and simmer **1 HR**, stirring occasionally
3. Stir in beans and can of vegetables. Bring back to boiling; reduce heat; then simmer uncovered, stirring occasionally until desired consistency (at least **20 min**.)
4. Eat each serving with bread, chips, mashed potatoes, or spaghetti. Optionally top with shredded cheddar cheese, chopped onion, and a dollop of sour cream.

Special Notes

Original recipe is on page 212 of the red Betty Crocker Cookbook.

- For “Kimchi Chili”, add at least 1.5 cups of chopped kimchi to Stage 1 and a heaping Tbsp Kimchi juice to Stage 2
- To cook in instapot (not as good), use Saute mode for Stage 1, blot out grease, deglaze with whisky, beer, or broth, then add Stage 2 and set for High Pressure 25 minutes. Natural Pressure Release 10 minutes, then add Stage 3 and Saute again, uncovered, at least 10 minutes.

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