



NO-APOLOGIES CHILI with BEANS

Ignore everything you've heard about true chili not having beans. This one does, and it's fantastic. Enough said.

Smári

Total time: 4 hours
Serves: 10

INGREDIENTS

- 1 lb (450 g) dried pinto beans**
- 1 bay leaf**
- 3 (510 g) yellow onions, diced medium small**
- 1 (280 g) red bell pepper, stemmed, seeded and diced medium small**
- 2 tablespoons (30 ml) + 4 tablespoons (60ml) olive oil**
- 3 medium cloves garlic, minced**
- 1 ½ tablespoons (15 g) ground cumin**
- 1 teaspoon (3 g) ground black pepper**
- 2 teaspoons (15 g) ground Guajillo chili, stemmed and seeded**
- 28oz (800 g) canned tomatoes, diced**
- 1 lb (450 g) ground pork shoulder**
- 2 lb (900 g) ground beef chuck**
- 3 tablespoons (90 g) chopped parsley**
- 16 oz (460 g) Smári Pure Whole Milk or Nonfat**
- 1 ½ cups (165 g) cheddar cheese, shredded**
- 1 ½ cups (100 g) thinly sliced scallions**

PREPARATION

1) Rinse pinto beans and put them in a medium sauce pot. Fill pot with cold water, covering the beans by two inches. Turn heat to high. Bring to a boil, turn off heat, cover with a lid, and let sit for one hour. Drain beans and put back into pot. Fill pot with cold water, covering the beans by two inches. Add enough salt to make the water taste salty, but not like seawater. Cook on a low simmer until just done, 1¼-1½ hours. Pull beans off heat to cool. Skim off any foam.

2) In a large heavy bottomed sauce pan, heat two tablespoons olive oil over medium flame. Add onions, red bell peppers, and a pinch of salt. Cook slowly stirring often until tender. You may need to reduce the heat or add a splash of water. When tender, add garlic, cumin, black pepper, and chilies. Cook two minutes or until garlic is fragrant, stirring often. Add tomato and cook three minutes over medium flame. Add the cooked pinto beans, all of their juices, and the bay leaf to the onion mixture. Turn down to a simmer.

3) In a medium heavy bottomed sauté pan, brown all of the meat in small batches over medium-high heat with one tablespoon olive oil. As you brown the meat, break it up to the desired texture (larger or smaller chunks). Season each batch lightly with salt. Add the browned meat with all of the juices to the onion, tomato, bean mixture as you go. Deglaze your browning pan each time with water and add that as well. Make sure the meat and vegetables are just covered with liquid, add water if needed. Place a lid on the chili and cook for 1 hour. Take the lid off, taste and adjust the seasoning and spice level. Allow to cook down to desired consistency, 15-30 minutes. Add your chopped parsley and pull off heat.

4) Serve into individual bowls and garnish with a large dollop of Smári Pure Whole Milk or Nonfat Yogurt, cheddar cheese, and scallions.

