JAN’S (AND JIM’S) AWARD WINNING BEANLESS CHILI

From the Kitchen of Jan McKissick (and Jim Van Riper) – Communications Studies Department

(Prep time: 35 minutes / Cook time: 60 minutes – give or take a few)

Yields: 6 large servings

Ingredients:

- ½ lb. Ground beef
- ½ lb. Ground turkey
- ½ lb. Pork, cut into ½-inch cubes
- ½ lb. Tri-Tip steak, cut into ½-inch cubes
- ½ lb. Chicken breast, boneless, skinless, cut into ½” cubes
- 2 - 8 oz. cans Tomato sauce
- 1 - 14 oz. can Diced tomatoes, with juice
- 2 medium White onions, chopped
- 1 medium Green bell pepper, chopped
- 1 medium Red bell pepper, chopped
- 1 medium Yellow pepper, chopped
- 1pkg. Carroll Shelby’s Chili Kit (found in with the spices or beans aisles of the store)
- 1 lb. Velveeta Cheese slices (or block, cut into ½ cubes)

Side Garnish Ingredients:

- 1 medium Onion, chopped (for side garnish)
- 2 C Cheddar cheese, grated (for side garnish)
- ¼ C Jalapeno peppers, chopped (for side garnish)
- 2 C Sour Cream (for side garnish)

Preparation:

1. Brown all the meats together in a LARGE cooking pot.
2. Add two chopped onions and the chopped bell peppers and mix together.
3. Add the tomato sauce and diced tomatoes, and bring to a simmer.
4. Add the desired spice packets from the Carroll Shelby’s Chili Kit. (See notes below)
5. Mix thoroughly and bring back to a simmer.
6. Add the Velveeta Cheese one slice at a time and stir into the mixture until all are melted.
7. Stir in all ingredients until mixed thoroughly.
8. Cover and simmer over low heat for 15 minutes.

Notes:

1. The box of Carroll Shelby’s Chili Mix comes with 4 individual seasoning packets, including the Chili Seasoning packet and Salt.
2. For a thicker chili, add the Masa Flour packet. Stir in and simmer for an additional 5 minutes. (Although the Velveeta makes it thicker on its own...)
3. For a spicier chili, add the Cayenne Pepper packet (plus additional Ground Cayenne Pepper if desired - to taste) and stir well into the mixture.

Serving Suggestions:

1. Serve with the desired “Side Garnish Ingredients” (listed above), or...
2. Serve in bowls with a side of garlic bread, or...
3. Serve in a hollowed-out bread bowl, or...
4. Serve with freshly-baked warm corn bread with honey