

Cooke's Corner

Hi Everyone! Hope you all had a chance to try Bob's Wraps. Thanks for all of the great feedback!

Next up, Chili! This recipe has been one of our "go to's" in the Cooke Kitchen. It is a quick prep and can be made on the stove top or in the crock pot. What a great thing: to come home to a hearty meal after a long day on the saddle!

Sherry's Chili

Serves 8-10

Ingredients:

3 15 oz cans of beans: Pinto, Black, Garbanzo. Rinse and drain all cans. (I prefer Eden Organic no added salt, cans are BPA free)

1 large onion, chopped

4 cloves garlic minced

2 peppers (red or green), chopped

2 portabella mushrooms or 8 oz box of your favorite, chopped

8 oz frozen or canned corn

1 jar of prepared pasta sauce, look for low sodium/low fat (I prefer McChutcheon's, a locally prepared sauce),

1 15oz can of fire roasted tomatoes (Muir Glen Organic)

Seasonings: 1 Tablespoon dried oregano, 1 Tablespoon dried basil, 1 Tablespoon cumin, ¼-½ teaspoon cinnamon (yes, that's right!), 1 Tablespoon Braggs amino acids, salt and pepper to taste.

Process:

Crock method:

Preheat sauté pan on medium high. Sauté onions and peppers until soft. Add garlic and mushrooms and cook until all vegetables are soft. You may use a small amount of oil in pan or sauté without oil. Add spices and corn to pan. Combine. Place in crock pot.

Add beans, tomato sauce and canned tomatoes to crock pot. Follow your manufactures' guidelines for cooking.

Stove Top:

Preheat heavy 8quart saucepan and follow above directions except once you have combined the veggies and spices continue to add the rest of the ingredients to pot. Bring to a boil and reduce to medium low and cook for 30 minutes.

Options:

To give the feeling of “meat” in the dish: Add 1 cup of reconstituted TVP (Total Vegetable Protein) to mix. TVP is dehydrated soy. It has a lot of protein, but also high in sodium. It is a good transitional ingredient if you are looking to reduce meat but miss the texture. A word of caution, processed soy can be irritating to your gut.

Toppings on your chili: Just like before, cheese, sour cream, onions, however if you are looking to try some non dairy options (lower in fat, cholesterol and sodium) try ground raw cashews, nutritional yeast, chopped avocado.

Okay, what is that? Ground raw cashews? Yes, raw. Raw cashews can be purchased in bulk at most natural food stores. Grind in high speed blender or spice/coffee grinder. Grind until the cashews look similar to parmesan cheese. Top each serving of chili with about 2 Tablespoons.

Nutritional yeast: Found in natural food stores, looks like yellow flaky powder. Has a cheesy aroma and gives a hint of cheesy flavor.

Chopped avocado, yes, high in fat, but unsaturated! 1-2 Tablespoons to each serving will give a great creaminess to your chili.

You can make rice (brown or wild), pasta, quinoa to mix with the chili or eat without. I sometimes top it on greens, kind of a healthy taco salad!

