

# ALEX'S CHILI RECIPE

My chili recipe has evolved over time. I have tested dozens of different ingredient ideas and layering to land on this. This is a bold, somewhat spicy (hot) but deeply spiced (flavor) chili. It hardly identifies as a soup because it is so thick. I have found it to be incredibly filling and delicious as well as unique in the world of chili.

There are very few ingredient amounts listed. This is because I don't use measuring devices of any kind and things kind of ebb and flow depending on how stuff is tasting. Taste often, add accordingly. This isn't a "salt and pepper to taste" kind of thing. It is bold and complex. Don't hesitate.

## PHASE 1: BEANS AND TOMATOES

Start by putting out a crock pot on low. You'll add ingredients to it as you go.

- Add 3 cans of drained and strained beans to the crock pot. I recommend kidney, cannellini, and pinto. I have, on occasion, used corn when I didn't have enough beans on hand. It works.
- Add 16-24 ounces of canned tomatoes and all the liquid in the can. Bonus points if they are fire-roasted.

## PHASE 2: VEGGIES & PORK

Cut up the following and add it to a pot:

- 2 stalks of celery
- 1 medium yellow onion
- 1 green pepper
- 1 heaping scoop of garlic
- 1 lb precooked andouille or kielbasa sausage
- Add canola oil

Add the following herbs and spices:

- Salt
- Pepper
- Basil
- Tarragon
- Thyme
- Oregano
- A darker-flavored vinegar (red wine, brown rice, or the like)

Sauté all of this together until the veggies have softened. Add to the crock pot.

## PHASE 3: BEEF

- In the now empty pot from Phase 2, put in 1 lb of lean ground beef or, preferably, bison.
- Add canola oil

Add the following herbs and spices:

- Chili powder
- Paprika
- Cayenne
- Unsweetened dark cocoa powder
- Cinnamon
- Watkins vanilla extract
- Soy sauce
- Worcestershire sauce
- Bourbon
- Honey (I've used butterscotch chips and brown sugar if I don't have honey. It can work.)
- I have also on occasion added coffee or espresso. However, it is a unique flavor.

Cook all this together low and slow until cooked thoroughly. Take a second to eat a piece of spicy chocolate bison and then dump the rest into the crock pot.

## PHASE 4: CROCK IT!

Let all this cook on low for about 6 hours, stirring once an hour.

Serve! If you feel a need for a topping, I recommend unflavored Greek yoghurt.

## PHASE 5: THE NEXT DAY

I've found that it tastes even better the next day. Just a heads up.