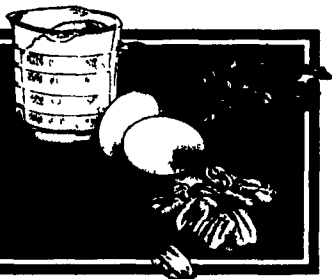




Home on the Range



Warm Up With Chili

Chili and/or chili con carne has been a popular one dish meal for a long time, even before the widespread availability of Mexican foods. And everyone has her own recipe among the many hundreds that cookbooks have to offer.

However, how does one determine if it's nutritious?

The answer to this question depends upon how you make your chili. Specifically, what kind of meat do you use if you use meat?

Of course, if you use ground beef, the leaner the variety the less fat. If you use cubed beef, choose top or bottom round or chuck, cuts that are less tender and less expensive than more marbled, tender cuts.

Some people even use ground turkey in their chili, but make sure it comes from white meat, for the dark has as much fat as ground round.

Second to consider is, if you use beans in your chili, what kind? Using kidney beans can significantly add to the nutritional quality of the dish. A half-cup of canned kidney beans contains more than eight grams of fiber, about a third of the fiber you should get in a day.

In addition, the same amount also contains nearly 65 micrograms of folic acid, about a third of what you should be consuming daily.

The other main ingredient in chili is tomatoes, which offer more than one-quarter of the vitamin C you need each day in just a half-cup. Tomato products also are a good source of vitamin A and potassium.

So continue to serve those meals of chili which can be very nutritious; just be careful what ingredients you put in it and what toppings you add on top if calories are a consideration. If they aren't, the sky's the limit!

CHILI CHIP DIP

1 lb. lean ground beef
1 8-ounce can tomato sauce
1 envelope chili seasoning
16-ounce container regular or fat free sour cream
16-ounce container salsa
1 cup chopped onion
1 cup chopped peppers, green, red, or yellow
2 cups chopped lettuce
1 cup shredded cheddar cheese
Restaurant Style corn chips
Brown ground beef; then add tomato sauce and seasonings. Layer the dip onto a platter in this order: ground beef mixture; sour cream; salsa; onions and peppers; chopped lettuce; shredded cheddar cheese. Serve with the corn chips.

Betty J. Light
Lebanon, Pa.

BLACK BEAN TURKEY CHILI

1 lb. dry black beans
1½ lbs. skinless turkey breast, cut into small pieces
2 cups red pepper chopped
1½ cups onion chopped
4 jalapenos, chopped
4 garlic cloves, minced
4 tablespoons vegetable oil
¼ cup chili powder
2 teaspoons cumin seed
1 teaspoon ground coriander
4 tomatoes, chopped
1 cup water or non-alcoholic beer

Soak beans in cold water for two hours. Drain. Put the beans in a pot and cover with two inches of fresh water. Simmer until beans are tender. Drain and set aside.

Saute red pepper, onion, jalapeno and garlic in 2 tablespoons vegetable oil. Add chili powder, cumin seed, coriander and beans. Cook approximately 20 minutes, stirring occasionally. Place half the bean mixture in food processor and process until smooth. Return smooth mixture to the other half.

Brown turkey in 2 tablespoons vegetable oil, until almost done, add tomatoes and cook an additional 5 minutes. Add turkey to bean mixture, add water or non-alcoholic beer and simmer 15 more minutes.

Before serving, garnish with sour cream on top.

Note: to eliminate lengthy soaking and cooking time, substitute canned beans for dry beans: 3 (15-16 oz.) cans black beans, drained and rinsed.

CHILI

1 lb. extra lean ground beef
1 cup chopped onion
1 cup chopped celery
½ cup chopped peppers
16-ounce can V-8 juice
1 envelope chili seasoning
2 16-ounce cans tomatoes, chopped, juice included
2 16-ounce cans dark red kidney beans
¾ cup shredded cheddar cheese
1 cup sour cream

In 4-quart Dutch oven brown the beef and stir in onions, celery, and peppers. Reduce heat to simmer and keep cooking for 15-20 minutes, stirring frequently.

Add seasoning, V-8 juice, tomatoes, and beans. Simmer for another half hour.

Serve hot with cheese sprinkled on top and a dollop of sour cream in the middle.

Betty J. Light
Lebanon, Pa.



Chili can be made in many different ways. Whatever the recipe, chili is a great dish to savor on wintry days.

SOUTHWESTERN CHILI WITH DUMPLINGS

2 cups cut-up chicken
1 cup water
15-ounce can tomato sauce
1 package (1¼ -ounce) chili seasoning mix
15-ounce can black beans, undrained
8-ounce can kidney beans, undrained
8-ounce can whole kernel corn, undrained
Dumplings
½ cup shredded cheddar cheese (2 ounces)

Dumplings

Mix chicken, water, tomato sauce and seasoning mix in 4-quart Dutch oven. Heat to boiling; reduce heat. Cover and simmer 10 minutes, stirring occasionally. Stir in remaining ingredients except dumplings and cheese.

Prepare dumplings. Heat chili to boiling; reduce heat to low. Drop dough by 12 spoonfuls onto hot chili. Cook uncovered 10 minutes. Cover and cook 10 minutes longer. Sprinkle with cheese. Cover and cook about 3 minutes or until cheese is melted. 6 servings.

Dumpling dough: mix 1½ cups prepared bake mix, ½ cup cornmeal and ¾ cup milk until soft dough forms.

WAGON WHEEL CHILI

1 lb. lean ground beef
1 medium onion, chopped
1½ tablespoons chili powder
1 tablespoon oil
1 clove garlic minced
½ teaspoon ground cumin seed
salt and pepper to taste
½ teaspoon dried oregano leaves
¼ to ½ teaspoon cayenne pepper

16-ounce can red kidney beans
1 cup beef broth
1 cup multi-colored wagon wheel pasta or rotini

Using heavy kettle or Dutch oven over medium high, heat oil. Add onion, garlic and beef. Cook, stirring 5 minutes or until meat is browned. Add the chili powder, cumin, oregano, cayenne pepper, salt, pepper, and broken up tomatoes with their liquid. Simmer until paste is tender, about 20-23 minutes when flavors have blended. Makes about 4 servings.

Sarah Clark
Everett, Pa.

CHILI PIE

1 tablespoon oil
1 large clove garlic, minced
6 oz. Italian sausage
salt and pepper to taste
8-ounce can tomato sauce
1½ cups shredded Cheddar cheese

¼ cup chopped onion
1 teaspoon chili powder
½ teaspoon dried oregano leaves

1 lb. lean ground beef

TOPPING

¾ cup milk
¾ cup flour
2 tablespoons cornmeal
1 tablespoon oil
1 egg

Heat oil in 9" skillet or deep pie pan that can be used in the oven. Saute onion until soft. Stir in garlic; saute 1 minute. Remove sausage from casing. Cook, breaking up meat, about 10 minutes. Pour off any excess grease.

Add ground beef and brown, stir in spices, then tomato sauce/. Bring mixture to a simmer. Remove from heat and sprinkle with cheese.

In a bowl, combine milk, flour, cornmeal, egg and oil. Beat vigorously with a mixer. Pour topping over mixture in skillet. Bake 425 degrees for 25 minutes or until topping is golden and puffy. Serve immediately. Serves 4.

Sarah Clark
Everett, Pa.

LAYERED PINTO BEAN DIP

Pinto Bean Layer

2 15-ounce cans pinto beans, rinsed, drained and divided
4 green onions, cut into 1-inch pieces

4 teaspoons fresh lime juice
¼ cup dairy sour cream

Corn-Cheese Layer

1½ cups cooked or canned corn, well-drained
1½ cups (6 ounces) shredded jalapeno Jack cheese

¾ cup chopped red pepper
3 tablespoons chopped fresh cilantro

½ teaspoon each: chili powder, cumin

½ teaspoon pepper

Top Layer

1½ cups dairy sour cream
tortilla chips

Preheat oven to 325 degrees.

Place half the beans, onions and lime juice in work bowl of food processor or blender. Cover. Puree until smooth. Spoon into 2-quart rectangular baking dish. Stir in remaining half of beans and sour cream. Spread evenly in bottom of dish.

For corn-cheese layer, combine all ingredients; mix well. Spread over bean layer. For top layer, spread sour cream over corn-cheese layer. Bake 15-20 minutes or until hot and bubbly. Serve immediately with tortilla chips.

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Recipe Topics

If you have recipes for the topics listed below, please share them with us. We welcome your recipes, but ask that you include accurate measurements, a complete list of ingredients and clear instructions with each recipe you submit. Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522. Recipes should reach our office one week before publishing date.

December-

- 7- Christmas Cookies
- 14- Holiday Entertaining
- 21- Christmas Dinner
- 28- New Year's Celebration

Featured Recipe

Are you looking for a new way to use leftover turkey this year? Debra Bryant, Wayne County Extension agent suggests you try chopped leftover turkey in place of hamburger in your favorite Spanish Rice recipe or try the one listed below:

TURKEY SPANISH RICE

¼ cup onion, chopped
¼ cup green pepper, chopped
2 tablespoons sliced celery
¼ cup uncooked rice
½ teaspoon butter or margarine
1 cup canned tomatoes
¾ cup cooked, diced turkey
¼ cup water
½ teaspoon chili powder
salt and pepper to taste
1 bay leaf

Cook vegetables and rice in margarine in a small saucepan until onion begins to brown — about 4 minutes. Break up large pieces of tomato and add with remaining ingredients to rice mixture. Bring to a boil. Reduce heat, cover and cook slowly until rice is tender, about 25 minutes. Stir as needed to prevent sticking. Remove bay leaf before serving. Makes 2 servings, 215 calories each.