

Heidi Cullinan's Chili Recipe

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My recipe is not really measured, and at this point I don't quite know how! I can give you approximate values, though:

- crushed tomatoes
- diced tomatoes
- whole tomatoes
- Mrs. Grimes's chili beans
- green pepper
- onion
- chili powder
- cumin
- dash salt
- bay leaves (when I have them)
- ground beef or pork (whichever I have on hand)

I actually constantly modify the ingredients depending on who is coming and how many, but generally that's the large can of all tomatoes (I don't remember ounce size; I'm sorry) with the whole cut up--but I only include the whole tomatoes when my father-in-law is coming. I use a can of beans near to size of the tomatoes, but I go larger if I'm trying to make the chili stretch. The green pepper and onion are sautéed in olive oil before they are added; the cumin I only add a teaspoon or so of, but the chili powder I add liberally, probably about a 1/8 of a cup or even more, until it tastes "right." The ground beef or pork is cooked, then added.

Key to this recipe is letting it simmer for many hours in a crock pot or on the stove, and it's better if you give it some time in the fridge overnight after it heats once. This is my mother's and grandmother's recipe combined and changed, and anytime I give it to anyone I am deliberately this vague, adding, "Play around and make it your own."