

Bowl of Red Chili

Texans have dubbed their chili “bowl o’ red” because of their fondness for seasoning it with dried red chilies. Like the traditional Texas version, this one includes plenty of ground beef but no beans. If you’d like, garnish with thinly sliced green onion, grated cheese, sour cream, lime wedges, pinto beans or rice.

There are as many versions of chili as there are chili cooks. This one includes a signature flavor of the American Southwest: masa harina. The Mexican corn flour used for making tortillas and tamales, masa harina is made by grinding corn kernels that have been simmered in a slaked lime solution and then dried. It is sold in well-stocked food stores and in Latin markets. Added to the chili near the end of cooking, masa harina thickens the liquid slightly, giving it body, and imparts a subtle corn flavor.

Grind the meat yourself using the large holes of a meat grinder or a food processor to give it a coarse texture. Accompany the chili with small bowls of sour cream, salsa, shredded cheddar cheese and chopped green onions.

INGREDIENTS:

- 3 Tbs. olive oil
- 3 lb. coarsely ground beef chuck
- 4 garlic cloves, minced
- 1 Tbs. ground cumin
- 1 Tbs. dried oregano
- 1/4 cup chili powder
- 1/4 cup masa harina
- 2 cups beef stock
- 1 cup pureed tomatoes
- Salt and freshly ground pepper, to taste

INSTRUCTIONS:

In a large sauté pan over medium heat, warm the olive oil. Add the beef and brown, stirring occasionally and breaking up any lumps with the back of a wooden spoon, 7 to 10 minutes. Using a slotted spoon, transfer the meat to a slow cooker.

Add the garlic, cumin, oregano, chili powder, masa harina, stock, tomatoes, salt and pepper to the slow cooker and stir to combine. Cover and cook on high for 6 hours according to the manufacturer’s instructions.

Serves 8 to 10.