

Knowledge @ Noon

*“Surviving the Chill
with Chili”*



Wednesday, February 18, 2015

12:00 - 1:00 p.m.

104 S. Brayman, Paola, KS
Marais des Cygnes Extension District, Paola Office

Instructors:

Marais des Cygnes Extension District Master Food Volunteers

What to do with left over chili so you don't feel like you have to have chili week!

Freeze it

Share it . Package some up and give to a friend or neighbor.

Fritos & Chili . Spoon hot chili over Fritos. Individual bags of Fritos work well for this and the kids love it. Eat it right out of the bag

Burritos . Use your favorite tortilla shells, spread refried beans on the shell to keep the chili from soaking through the shell, cover with cheddar cheese and heat in the oven or microwave.

Enchiladas . Similar to burritos but fill the shells with chili and sprinkle the cheese on top and add some finely chopped onions.

Taco Salad . Use tortilla bowls and layer with, refried beans, chili, shredded lettuce, grated cheese, jalapenos, sliced black olives and sour cream.

Make a dip . Get creative but just plain chili and shredded cheese is a good start. Heat until the cheese is melted and the chili is warm. Serve with tortilla chips for dipping.

Smothered French Fries . Serve French fries with hot chili on top and shredded cheddar cheese.

Pizza . Spread chili over pizza crust, sprinkle with grated cheddar cheese, chopped onion and black olives and bake as you would any pizza.

Chili Dogs . Hot dog buns, hotdogs, chili, chopped onion, grated cheddar cheese.

Sloppy Joes . Serve heated chili on hamburger buns.

Stuffed Peppers . Just add rice and cheese to the chili, stuff a pepper and bake.

Chili Lasagna . Use your favorite lasagna recipe but use chili instead of the tomato sauce filling. You can use tortillas or noodles.

Chili Spaghetti . Thin chili with broth or tomato sauce and serve over spaghetti.

Nachos . Layer; Tortilla chips, chili, shredded cheese, black olives and jalapenos.

Chili Dog Casserole . See recipe in this handout.

Chili Cheese Burgers . Grill hamburgers, spread warmed chili over top and a slice of your favorite cheese and serve on hamburger buns.

Slingers . Scramble eggs and top with warmed chili and grated cheddar cheese.

Breakfast Burritos . Scramble eggs to the doneness you like and put 2 to 3 tablespoons in a burrito shell. Top with leftover chili and sprinkle with grated cheddar cheese. Wrap the shell burrito style. Warm in microwave or oven until cheese is melted. These also can be wrapped in foil, placed in a zip type freezer bag and frozen for use later.

Baked Potato . Top a baked potato with warmed chili, grated cheddar cheese, sour cream and chopped onion.

More Ways to use leftover Chili!

Serve over warm cornbread.

Breakfast Casserole w/ chili, potatoes, and cheese.

Serve over steamed broccoli and cover with chili and melted cheese.

Crock Pot Stuffed Bell Peppers

Mexican Corn Pizza

Tamale Casserole

Eat a big bowl first.....Duh! haha

Crock Pot Stuffed Bell Peppers

6 medium red bell peppers

2 cups chili

1 cup cooked rice

1 cup Monterey jack cheese, shredded

15 oz. can diced tomatoes w/ green chilies

Sour cream for serving

Instructions:

- 1) Remove tops, membranes and seeds from peppers.
- 2) Stir together cooked rice, chili and 1/2 of the cheese.
- 3) Spoon mixture into peppers.
- 4) Pour diced tomatoes and juice into 6 quart crock pot.
- 5) Place stuffed peppers filled side up into crock pot.
- 6) Cover and cook on low for 5 hours.
- 7) Scoop out peppers to serving plate, spoon tomato sauce over peppers and top with remaining cheese.
- 8) Serve with sour cream.

Tamale Casserole

2 (15 oz.) cans tamales

2-3 cups chili

Your choice of cheddar cheese or cream cheese or both.

1 cup chopped green onion

2 cups crushed Corn Chips

Sour Cream for serving.

- 1) Open tamales and remove paper and place in 9 x 12 inch casserole dish.
- 2) Cut up cream cheese (which I like best) and scatter around and on top of tamales.
- 3) Add chopped green onions, cover with chili, then top with cheddar cheese.
- 4) Sprinkle with crushed corn chips or French Fried Onions.
- 5) Lightly cover with foil.
- 6) Bake @ 350° for about 20 minutes or until bubbly. Uncover for the last 3-5 minutes.
- 7) Serve with sour cream.

Mexican Corn Pizza

1 package Jiffy corn muffin mix
1/4 cup flour
1 egg
1/4 cup milk
2 Tablespoons chili powder
2 cups chili (with or without beans)
2 cups shredded cheddar cheese

Instructions:

- 1) Preheat oven to 400°.
- 2) Combine corn muffin mix, flour, egg, milk and chili powder together, blending well.
- 3) Using floured hands or back of floured spoon, press evenly onto bottom of prepared pizza pan.
- 4) Spread chili over crust and sprinkle with cheese.
- 5) Bake for 15 to 20 minutes.
- 6) Let set a few minutes and then cut into squares and garnish with sour cream.

Chili Cheese Dip

2 cups Chili
1 8 oz. package Cream Cheese
¼ cup finely chopped green onion
½ cup cheddar cheese

Heat chili and stir in cream cheese until melted. Add chopped onion and put in a glass pie plate. Cover with cheddar cheese and microwave for 1 minute. Serve with chips for dipping.

Chili Dog Casserole

10 boiled hot dogs (sliced into bite sized pieces)
1 medium onion . chopped
2 cans of your favorite chili or 4 cups left over chili
1 package sharp grated cheddar cheese
Hot Dog Buns

Boil 10 hotdogs until done and slice into bite sized pieces. Mix together sliced hot dogs, chopped onion and chili and place in a casserole dish or 9 X 13 baking dish. Sprinkle grated cheese over top. Bake at 350° for 30 to 40 minutes until chili is hot and cheese is melted. Spoon into hot dog buns.

You can put this in a foil pan covered with aluminum foil and heat on the grill.

White Chili

One stewed chicken, deboned (We like the dark meat so I use a whole chicken)
or 4 cups cooked chicken breasts
1 large onion, chopped
2 Tablespoons garlic
1 Tablespoon oil
1/2 teaspoon oregano
1/4 teaspoon ground cloves
4 - 6 cups chicken broth
2 (16oz.) cans Cannellini beans
2 (4oz.) cans chopped green chilies
1 cup sour cream
1/2 cup heavy cream
Salt and pepper to taste

Sauté onion and garlic in oil for about 5 minutes or until onion is clear.
Add green chilies, oregano, cloves and mix well. Add the broth, chicken
and beans. Simmer for at least one hour. Remove from heat and add
sour cream and heavy cream. Serve immediately. *Yields 8 servings.

Bean-Less Chili

2 pounds ground beef	1/4 cup chili powder (or less for milder chili)
1 quart tomato juice	1 teaspoon cumin
2 cans hominy	1/2 teaspoon garlic powder
OR 2 cans whole kernel corn, drained	1 teaspoon salt
1 1/2 cups diced onion	1/2 teaspoon pepper
1/4 cup diced green pepper	1/2 teaspoon dried oregano
1/2 cup diced celery	1/8 teaspoon cayenne pepper

Brown beef and drain off fat. Put beef and rest of ingredients in large pot and simmer for 1 to 1/2 hours, stirring occasionally.

Note: If preferred, add 2 cans red beans in place of hominy or corn.

Recipe submitted by Mary Ann Maisch, MFV

No Bean Chili

2 pounds Ground Beef	2 cans Tomato Sauce
2 cans Rotel	1 pkg. Williams Chili Seasoning (for 2 pounds meat)

Brown ground beef. Mix in the rest of the ingredients. Simmer (the longer the better). Resist the temptation to add beans!

Hearty Meatless Chili (Greatchilirecipes.net)

1 package dry onion soup mix
4 cups water
1 (15.5 ounce) can garbanzo beans
1 (15.5 ounce) can kidney beans
1 (14.5 ounce) can whole tomatoes, chopped
¼ teaspoon red pepper flakes

1 cup lentils
1 celery rib, chopped
1 Tablespoon chili powder
2 teaspoons ground cumin
1 garlic clove, finely chopped

In large saucepan combine dry onion soup mix, water, garbanzo beans, kidney beans, chopped whole tomatoes, lentils, chopped celery rib, chili powder, cumin, chopped garlic clove and red pepper flakes. Bring to a boil, then simmer covered, stirring occasionally for 20 minutes. Remove the cover and simmer stirring occasionally for an additional 30 minutes or until the liquid is almost absorbed and the lentils are tender.

Makes 6 servings.

Mom's Tailgate Chili

4 pounds ground beef
1 package Original Williams Chili Seasoning (for 2 lbs)
1 package Chipotle Williams Chili Seasoning (for 2 lbs)
1 large onion coarsely chopped

2 cans mild chili beans
2 cans hot chili beans
2 cans Italian diced tomatoes

Brown ground beef in large skillet with the chopped onion. Put beans, tomatoes and season packets in a large pot and stir all together. Add meat and onions to the pot when the meat is browned. Cook until starts to bubble. Reduce heat to low, cover and simmer stirring occasionally for an hour to an hour and a half.

White Turkey Chili (6 servings)

2 cans (15 oz.) white kidney or cannellini beans, rinsed and drained
1 can (10 3/4 oz.) reduced fat and sodium condensed cream of chicken soup
2 cups cubed cooked turkey breast
1 ½ cups fat-free milk
1 can (4 oz.) chopped green chilies, drained
1 Tablespoon minced fresh cilantro
1 Tablespoon dried minced onion
1 teaspoon garlic powder
1 teaspoon ground cumin
1 teaspoon dried oregano
6 Tablespoons low fat sour cream

In a large saucepan combine all ingredients except sour cream; bring to a boil, stirring occasionally. Reduce heat and simmer, covered, 25-30 minutes or until heated through. Top each serving with 1 Tbsp. sour cream.

Per Serving: 250 calories. 2 gram fat, 510 mg sodium, 31 gram carbohydrates, 23 gram protein.

Slow Cooker Pork Chili Serves: 6 | Serving Size: 1 ¼ cups

2 pounds boneless pork butt, roast, or shoulder
1 cup bell pepper, diced (1 medium pepper)
1 cup onion, diced (1 medium onion)
1 ½ cups salsa
1 can (15 ounces) low-sodium pinto beans
1 can (14.5 ounces) low-sodium diced tomatoes

Directions:

1. Trim visible fat from the pork. Cut into 2 inch chunks. Place in slow cooker.
2. Add pepper, onion, and salsa.
3. Cook on a low setting for 6 hours or a high setting for 3 hours.
4. Pull the meat apart into shreds with a fork. (You should have about 4 cups.)
5. Put half (2 cups) of the shredded pork in the refrigerator or freezer. Freeze pork if it will not be used within 4 days.
6. Return the rest of the pork to the slow cooker. Add pinto beans and diced tomatoes.
7. Cook another 30 minutes until hot.

Tips: -Pork chops, boneless pork rib, or pork loin can be used.

-Trim fat from pork with a clean knife on a clean cutting board.

-This recipe freezes well.

-Other beans can be used.

Recipe from Spend Smart. Eat Smart

Black Bean-Tomato Chili (6 Servings) (2 ¼ quart)

2 Tablespoon olive oil
1 large onion, chopped
1 medium green pepper, chopped
3 cloves garlic, minced
1 teaspoon ground cinnamon
1 teaspoon ground cumin
1 teaspoon chili powder
¼ teaspoon pepper
3 cans (14 ½ oz. each) diced tomatoes, undrained
2 cans (15 oz. each) black beans, rinsed and drained
1 cup orange juice

In a Dutch oven, heat oil over medium-high heat. Add onion and green pepper; cook and stir 8-10 minutes or until tender. Add garlic, cinnamon, cumin, chili powder and pepper; cook 1 minute. Stir in tomatoes, black beans and orange juice; bring to a boil. Reduce heat and simmer, covered 20-25 minutes, stirring occasionally.

PER SERVING: 232 CALORIES, 5 GRAM FAT, 608 MG SODIUM, 39 GRAM CARBOHYDRATES, 24 GRAM PROTEIN.

Recipe from Taste of Home, November 2014..

Apple Corn Chili

Prep time: 45 minutes **Makes:** 4 Servings

This quick-fixing chili, with a base of sautéed, pureed red apples and yellow corn, is so thick and flavorful that you'd never know its low in fat and sodium. We feature it with chicken, but it can be made vegetarian by omitting the chicken and bouillon and substituting water for vegetable stock.

Ingredients

2 Tablespoons olive oil (divided)
8 ounces boneless, skinless chicken breast (cut to 1/2" cubes)
1 medium onion (chopped)
2 cloves garlic (minced)
15 ounces can yellow corn (no-salt-added, drained)
2 red apples, such as Braeburn, Empire, or Fuji (chopped, skin on)
1/2 Tablespoon ground cumin
1/8 teaspoon cayenne pepper (if desired)
15 ounces can black beans (no-salt-added, drained and rinsed)
4 1/2 ounces can diced green chilies (drained)
2 teaspoons chicken bouillon (sodium-free)
2 cups water

For Topping:

1/4 cup sour cream (reduced-fat)
1/4 cup fresh, chopped cilantro (if desired)

Directions

1. In a stockpot, heat 1 tbsp. olive oil; add chicken and brown (about 5 minutes). Remove chicken from pan.
2. Heat remaining olive oil in same pot; add onions and garlic and sauté until soft.
3. Add corn and sauté until golden brown. Add apple, cumin, and cayenne pepper (if desired); cook about 3-4 minutes. Let cool about 5 minutes.
4. Set aside about 1 cup of mixture. Purée remainder in food processor or blender, adding a portion of water, if needed, and return to pot.
5. Add browned chicken, black bean, chilies, bouillon, and water. Bring to boil and simmer about 15 minutes. Chicken should be cooked to 165 °F.
6. To serve, ladle soup in bowls and top with non-puréed portion of apple corn mixture.

Notes

Serving Suggestions: Serve with a whole-grain tortilla and an 8 oz glass of fat-free (skim) milk.

White Chicken and Rice Chili

1 box Spanish Rice A Roni	1 red sweet bell pepper, diced
4 boneless, skinless chicken breast, cut into bite sized pieces	4 cloves garlic, minced
1 teaspoon ground cumin	2 cans diced petite tomatoes, with juice
1 teaspoon chili powder	2 cans pinto beans, rinsed and drained
1-2 Tablespoons canola oil	4-6 cups chicken or vegetable broth
1 large onion, diced	Salt and freshly ground black pepper to taste

Heat oil in a large pot over medium heat; add chili powder, cumin and spices from seasoning packet in Rice A Roni package; add cubed chicken and cook until lightly browned on all sides, approximately 5-6 minutes. Remove chicken from pot and set aside; add onion and bell pepper to drippings in pan (add a bit more oil if needed) and sauté until softened, approximately 6-8 minutes. Add garlic to onion and bell pepper during the last few minutes of cooking time. Stir chicken into onion mixture and add rice, tomatoes, beans and 2-3 cups chicken broth. Simmer soup over low heat for 35-40 minutes, adding more chicken broth if needed to desired consistency.

Sweet Potato Chili

1 Tablespoon Olive oil	8 oz. Pinto Beans, drained
1 medium Onion, chopped	8 oz. Black Beans, drained
2 teaspoons Chili Powder	½ can corn, drained
1 cup canned Vegetable broth	2 teaspoons Italian seasoning
1 ½ Sweet Potatoes, cubed	1 grated Orange peel
1 can Mexican-style stewed Tomatoes	

Heat olive oil in medium sauce pan over med.-high heat. Add onion and sauté until golden brown. Add chili powder, stir for 1 minute.

Add broth & potatoes, cover pan, reduce to medium.

Simmer until potato is almost tender (10 min.).

Add tomatoes, pinto and black beans, corn. Simmer uncovered until Chili thickens & potato is tender (10 min.)

Mix in orange peel & Italian seasoning. Add salt & pepper to taste. Serve.

Serves 4. Cook time 25 min. Per serving: Cal. 267, Carbs 50g, Fat 4g, Protein 10g

I used 15 oz cans of beans. Adjust seasonings. *Submitted by Jerri Hefling, MFV*

Mexican Brownies

Prepare your favorite boxed or homemade brownies.

Add 3/8 teaspoon ground chipotle chili pepper and 1 teaspoon ground cinnamon to batter.

Bake as directed.

Good to serve with a scoop of cinnamon ice cream.

Sopapillas

2 cups flour	1 Tablespoon shortening
1 teaspoon salt	2/3 cup warm water
1 Tablespoon baking powder	

Mix ingredients together. Roll into a 12 x 13 inch rectangle. Cut into 2 ½ inch squares.

Fry in hot oil (425°). Cook until light brown, flip and cook second side until light brown.

Drain. Lightly salt. *Recipe submitted by Audrey Tate, MFV.*