



Garden Fresh Farm Recipes

Roast Beef Chili

Beefy chili, a cut above the rest, made with roast beef and two kinds of beans, we have found a chili that satisfies hearty appetites.

Ingredients:

1-2 lb cooked roast beef, cut into 1-inch cubes
1 tablespoon vegetable oil
1 large onion, coarsely chopped (1 cup)
1 medium green bell pepper, chopped (1 cup)
2 cans (15 oz each) diced tomatoes, undrained
1 can (15 oz) tomato sauce
1 can (16 oz) red kidney beans
1 can (15 oz) black beans
1 cup beef broth
1 jalapeño pepper, seeded and chopped
1 teaspoon salt
1 teaspoon paprika
1/4 teaspoon cayenne red pepper
1 1/2 tablespoons ground cumin
2 tablespoons chili powder
1/2 cup sour cream
3 tablespoons cheddar cheese\grated



Directions:

In 4-quart Dutch oven heat oil over medium-high heat cook onions and bell pepper until onions are clear. Add roast beef, tomatoes, broth, beans and seasoning. Cook over medium low heat for two hours. Stir occasionally. Garnish and serve with cheddar cheese and sour cream.

Origins and history of Chili (from Wikipedia)

Cowboy dishing up chili at noontime dinner. Cattle ranch near Marfa, Texas. Many argue that chili was invented in Mexico during the 1840s, as a replacement for pemmican; others place its origin in Tijuana, Baja California, or Ciudad Juárez, Chihuahua, Mexico.

The Mexican origin theory holds that it was created as a complimentary dish served at cantinas, especially to please outsiders, who wanted something spicy and "Mexican" to eat, but also free or cheap. It was made with leftovers from the meals prepared in the cantina and served for free to drinking customers.



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The Americanized recipe consisted of dried beef, suet, dried chili peppers (usually chilipiquenes), and salt, which were pounded together and left to dry into bricks, which could then be boiled in pots on the trail. An alternative, and more widely-accepted theory, holds that chili con carne was born in Ensenada, Mexico in the 1880s as a way of stretching available meat in the kitchens of poor Tejanos.

American origin defenders argue:

"San Antonio Chili Stand" was in operation at the 1893 Columbian Exposition in Chicago, which helped spread a taste for chili to other parts of the country. San Antonio was a significant tourist destination and helped Texas-style chili con carne spread throughout the South and West.