

Chili Cook-off

Sand Island – Labor Day

Heather's Internet Chicken Chili (Heather)

2 cans butter beans
2 cans white beans
1 can diced tomatoes
3 whole chicken breasts
1 medium onion chopped
3 cups cubed zucchini
1 can chicken stock

Salt, Pepper, Cumin, Chili Powder, Garlic Powder

Rub chicken liberally with spices above. Place in 350 oven for 45 to 60 minutes. Remove chicken from oven to cool. Once cooled, cube or shred chicken. Drain Beans and add to crock-pot with all other ingredients. Add additional seasonings to taste. Let simmer for on medium setting for 3 hours.

Beefy Beany Tennessee Whiskey Chili (Anji and Sally style)

1 pound lean ground beef
Salt and pepper to taste
1 pound lean beef chuck or top sirloin cut into bite-sized pieces.
3 cans (15 oz each) pinto beans, drained. ("Bush's")
1 can (4 oz) diced green chilies. ("Ortega")
1 packet (1.1 oz) beefy onion soup mix. ("Lipton")
2 packets (1.25 oz each) chili seasoning mix. ("McCormick")
1 bottle (12 oz) chili sauce. ("Heinz")
1 Cup Tennessee Whiskey (Jack Daniels)

1. In a large skillet, brown ground beef seasoned with salt and pepper. Drain and transfer to a 4 Quart slow cooker.
2. Add all remaining ingredients and stir thoroughly.
3. Cover and cook on HIGH for one hour. After one hour, stir and reduce setting to LOW for 4 to 5 hours.
4. Serve garnished with a dallop of sour cream and sliced scallions.

The brands in () are the ones Sally and I used in our chili.

Dock Party Chili (Ben)

1-1/2 cups chopped onion
1 cup chopped green pepper
3 diced jalapeno peppers
4-6 cloves garlic, minced
2 T chili powder
2 tsp ground cumin
2 tsp oregano
2 cups cooked, cubed or pulled chicken or turkey (turkey was used)
2 cups cooked, cubed or pulled chicken or turkey thighs
1 cup water
½ tsp black pepper
1 T Worcestershire sauce
1 T Dijon mustard
1 14-ounce can chicken broth
1 14-ounce can diced or stewed tomatoes
1 12-ounce bottle chili sauce
2 16-ounce cans Great Northern beans, drained

To Prepare:

1. Sauté the onion and next three ingredients over medium heat for about five minutes
2. Add chili powder, cumin, and oregano; cook two more minutes
3. Add chicken and all remaining ingredients except the beans; simmer for 20 minutes
4. Add the beans; cook five more minutes
5. Simmer on low for at least two hours, or make a day ahead. When the spices have had a chance to meld together, something magical happens. The result is a faintly sweet, complexly flavored sum or all the parts

Optional: Add the beans at the same time as the chicken/turkey and cook in a slow cooker all day

Sea Food Chowder (or Chili) (Janet)

½ # bacon chopped
1 onion diced
½ cup diced celery
1-2 jars clam juice
1 can non fat chicken broth
2-3 medium potatoes diced
¼ c shredded carrots (optional)
2-3 c milk
2 # mixed seafood cooked (white fish, salmon, clams, mussels, crab, shrimp)
or use premixed seafood
2 cans white kidney beans (for chili)

Season to taste with salt, pepper, Tabasco sauce, dill weed, garlic, parsley

Sauté bacon lightly, then add onion and celery and continue to cook until softened. Add liquids to simmer and then add potatoes. Cook until potatoes are tender but not mushy. Add milk and heat, but do not boil. If you want to thicken, use 2-3 T. flour dissolved in water or white wine at this point or use instant potatoes. Add seafood and seasonings and continue to heat through.

Hot Crab & Artichoke Dip (Janet Huck)

½ c. dry white wine
4 oz. cream cheese
1 16 oz. can artichoke hearts, finely diced
1 c. mayonnaise
1 egg
1 # fresh crabmeat
½ c. Parmesan cheese
2 oz. Bleu cheese (optional)

Gently heat white wine and cream cheese in a 1-½ quart saucepan until cream cheese is softened. Remove from heat and blend thoroughly with a wire whisk. Stir in remaining ingredients. Pour into ovenproof dish. Bake for 30-40 minutes @ 350.