

Mo`s Chili

Mo Deal - Charlotte, NC

Treasure Classics - National LP Gas Association - 1985

Yield: 20 to 24 servings

*6 cups dried pinto beans
10 pounds ground chuck
1 cup olive oil
4 cups onion, finely minced
2 tablespoons garlic, finely minced
2 green peppers, minced
3 bay leaves
4 teaspoons oregano
3/4 cup chili powder
2 tablespoons ground cumin
1 teaspoon cayenne
1 tablespoon black pepper
1/4 cup paprika
3/4 cup flour
5 quarts beef stock
4 teaspoons sugar
1 cup saltine crumbs
salt*

Preparation Time: 1 hour**Cook Time: 4 hours**

Soak the beans overnight. Then cook in salted water until tender.

In a large saucepan or Dutch oven over low heat, heat the olive oil. Add the meat, stirring frequently, until it loses its red color. Add the onion, garlic, green pepper, bay leaves, oregano, chili powder, cumin, cayenne, black pepper and paprika. Stir well. Cover and cook for 15 minutes.

Stir in the flour, blending well. Add the beef stock and bring to a boil. Reduce the heat and simmer for 1-1/2 hours. Stir occasionally.

Stir in the sugar and cracker crumbs. Add the beans (without the juice) and simmer for 30 minutes longer. Salt as desired.

Best served with salad, corn bread and beer.

(Hot chili peppers may be added if a hotter chili is desired.)

Per Serving (excluding unknown items): 19452 Calories; 1196g Fat (56.2% calories from fat); 1101g Protein; 993g Carbohydrate; 344g Dietary Fiber; 3405mg Cholesterol; 46689mg Sodium. Exchanges: 58 1/2 Grain(Starch); 131 Lean Meat; 13 Vegetable; 165 1/2 Fat; 1 Other Carbohydrates.