

Chili Norwegian Style

From Chris Born-Long...via Anne Long...via Esther Thorkildsen Long

Here are the approximate quantities I use. If you make this more than once, you will probably modify it to suit your own tastes—it's that kind of recipe.

	<u>Big batch</u>	<u>Small batch</u>
Medium onions, chopped fine	3 to 4	2
Medium green peppers, chopped fine	2	1
Cloves garlic, chopped fine	2	1
Lean ground beef or ground turkey	2 pounds	1 pound
Chili powder	$\frac{1}{4}$ to $\frac{1}{2}$ cup	2 Tbsp to $\frac{1}{4}$ cup
Ground cumin	1 tsp	$\frac{1}{2}$ tsp
Crushed red pepper	$\frac{1}{2}$ tsp	$\frac{1}{4}$ tsp
Brown sugar	$\frac{1}{4}$ cup	2 Tbsp
Salt	To taste	To taste
Diced tomatoes, 15-ounce cans	3	2
Dark red kidney beans, 15-ounce cans	4	3
Condensed tomato soup	1 can	1 can

First, sauté the onions, green peppers, and garlic in a little olive oil in a Dutch oven or soup kettle. Once the vegetables are soft, crumble lean ground beef (I use chopped sirloin) or ground turkey into the pot, and continue sautéing until the meat is cooked.

Add the spices and brown sugar to the pot, and stir thoroughly. (Don't let it throw you—the chili powder and brown sugar complement each other beautifully!)

Add the canned tomatoes and tomato soup, and stir thoroughly. Drain the kidney beans, reserving the juice from one can. Add the kidney beans to the pot. Stir. If the mixture is too thick, add some of the kidney bean juice to thin it a bit.

Bring everything up to a simmer, and adjust seasonings to suit your taste. Then just set the pot on the back of the stove. Usually I keep it simmering for an hour or so, just to blend the flavors. Longer cooking will make the beans mushy.

It's even better the second day!