



## EAK's Texas-Style Bowl of Red Chili

November 9, 2023

*In Texas, there are no beans about chili! It's called a bowl of red and the original recipes called for only beef [stew meat] and red chiles—thus the “bowl of red.”*

*Although the purists would still disagree, it is acceptable for modern day bowls of red to include ground meat, tomatoes, seasonings and some extra flourishes, but still no beans! I use a mix of lean ground sirloin and “moister” ground chuck for balance, taste and texture. The bottle of beer gives it a deep heady nose, and honestly, it's not the same without it. Anthony who styled and shot the gorgeous bowl of chili seen here adds dark and light kidney beans to this recipe proving that even native Texans like beans in their chili! I like beans, but I love this recipe without the added beans. You chose which way you like your chili.*

**Makes about 10 cups**

### Ingredients:

- 1 pound ground sirloin or lean ground, about 10% fat ground beef
- 1 pound ground chuck or 20% fat ground beef
- 2 large yellow onions, finely chopped, about 3 cups
- 1 12-ounce bottle of your favorite beer
- 3 10 oz. cans Ro-Tel tomatoes with Chiles—I like the Fire-Roasted Ro-Tel
- 6 ounces (1 can) tomato paste
- [1-2 cans of light and/or dark kidney beans if you like it the way Anthony like it!]
- 1 scant tablespoon freshly ground cumin
- 1 scant tablespoon freshly ground oregano leaves
- 1 scant tablespoon dehydrated garlic
- 2 teaspoons kosher salt or more to taste
- 1 tablespoon Ancho Chile powder
- 2 teaspoons New Mexican Chili Powder or Hot Mexican-Style Chili Powder
- ¼-1/2 teaspoon cayenne pepper, depending on heat tolerance
- Sliced scallions, shredded cheddar cheese, hot sauce and sour cream for topping
- Cornbread , Fritos Scoops or Tortilla chips as an accompaniment
- Kosher salt and Fresh ground black pepper

### Method:

1. In a large heavy-bottomed pot or a pressure cooker, brown meat and onions for about 15 minutes or until onions are translucent.



2. Add beer, Ro-Tel tomatoes and tomato paste and stir. [If you are adding beans, add them here.] Stir and simmer for a few minutes, then add spices. Stir thoroughly. Cover pot and cook on a low heat for 2 hours.
3. If cooking on the stovetop, stir occasionally to break up the pieces of tomato and make sure all the spices are well incorporated.
4. If using a pressure cooker, cook on high pressure for 20 minutes and let it release naturally.
5. If chili is too thick, additional water or beer may be added, but add slowly and cautiously because you want it to be thick.
6. Serve hot with toppings; warm cornbread, chips or both, and extra hot sauce on the side for the *heat freaks*.

**Note:**

I make my Chili the night before I want to serve it and refrigerate it overnight so that it is easy to skim the cold fat off the top. You could also make it in the morning and refrigerate it all day if you want to make it and serve it on the same day. This chili is great for entertaining because it get better 1-2 days after making it and it freezes and re-heats very well.