



Monsoon Coast East West Chilli

North American and Indian flavours marry for a perfect warming meal on a cold night.

Ingredients:

½ head of garlic
1-2 tsp olive oil
1 large onion, chopped
2 TBL butter
2 stalks celery, chopped
1 jalapeno pepper, diced
1 TBL vegetable oil or ghee
1 lb ground beef or turkey
1 TBL BBQ & Roast Rub or Adobo Seco for more heat
1 TBL Monsoon Tandoori
1 tsp smoked paprika
1 bay leaf
1 28oz-can chopped tomatoes
1 19oz-can red kidney beans, rinsed and drained
1 green pepper, diced
Salt and pepper to taste

Spices Used: BBQ & Roast Rub
Monsoon Tandoori
Adobo Seco

Instructions:

- 1 - Separate cloves of garlic. Leave skin on; cut off the root end. Put garlic cloves in a piece of foil, drizzle with olive oil, wrap tightly and bake at 350°F for 30-40 minutes until soft and fragrant. Remove garlic cloves from skins and mash with a fork. Reserve.
- 2 - While garlic is roasting, heat your favourite chilli pot or dutch oven over medium heat.
- 3 - Add butter and melted. add onions and stir to coat. Reduce heat to medium low and sauté onions for 15-20 minutes (stirring frequently) until golden.
- 4 - Add celery and sauté another 3 minutes.
- 5 - Add diced jalapeños and a sprinkle of salt. Sauté for another minute. Remove mixture from pan and reserve.
- 6 - Turn heat up to medium-high, add 1 TBL vegetable oil or ghee \ and ground beef or turkey. Cook until meat is evenly browned. Season with salt and pepper.
- 7 - Stir in onion mixture, mashed roasted garlic, Monsoon Coast spices, bay leaf and paprika. Stir to combine and cook for 1-2 minutes.
- 8 - Add diced tomatoes, cover and let simmer for 3 minutes then stir.
- 9 - Add kidney beans to the pot along with the green pepper and about ½-¾ cup water. Add salt to taste.
- 10 - Reduce heat to low, cover and let simmer for 1-2 hours.
- 11 - Adjust seasoning to taste. Garnish with fresh chopped cilantro.
- 12 - Serve with corn bread or a nice crusty bread.

Makes a big pot