

BEANS OR NO BEANS?



**CARROLL SHELBY
SAYS: "YOU BET."**

Whatever what you decide, the remarkable Chili Kit is your answer. Four individual seasoning packets to get you started, then you take it from there. Fix a bowl of chili however it suits you. Cause chili ain't just a pepper. It's a bowl of self-expression.

Carroll Shelby

**HE MAKES IT AUTHENTIC.
YOU MAKE IT ORIGINAL.**



CarrollShelbysChili.com



medium bowl, stir together the 1 cup flour, the whole wheat flour, baking powder, baking soda and salt.

2. In another large mixing bowl, beat $\frac{1}{2}$ cup butter with electric mixer 30 seconds. Add sugar and beat until fluffy. Add eggs and sour cream; beat until combined. Add flour mixture and beat on low speed until just combined. Spread half the batter into prepared pan. Sprinkle with half the topping. Spoon remaining batter in mounds over topping; spread to edges. Sprinkle with remaining topping. Cover and refrigerate for 4 to 24 hours.

3. Uncover and let stand at room temperature 30 minutes. Bake in a 350° oven 50 to 55 minutes or until golden and a toothpick inserted near center comes out clean. Serve warm. **Makes 12 servings.**

Nutrition facts per serving: 412 cal, 20 g fat, 79 mg chol, 244 mg sodium, 54 g carbo, 3 g fiber, 6 g pro. **MW**

*The Great Chili Challenge
For main article, see page 17.*

What's the Secret? Chili

Intriguing Italian-style seasoning flavors this chili from David Prosser of Fargo, North Dakota. There's just enough cayenne to add a touch of heat.

PREP 30 minutes **COOK** 2½ hours

- 2 tablespoons chili powder
- 1 tablespoon ground cumin
- 2 teaspoons dried oregano, crushed
- 1 teaspoon cayenne pepper
- 1 teaspoon unsweetened cocoa powder
- 1 tablespoon olive oil
- $\frac{3}{4}$ cup chopped green sweet pepper
- $\frac{3}{4}$ cup chopped onion
- 3 cloves garlic, minced
- 1 pound bulk Italian sausage

- 1 pound ground beef
- 2 tablespoons balsamic vinegar
- 1 14.5-ounce can diced tomatoes, undrained
- 1 4.5-ounce can diced green chiles
- 1 8-ounce can tomato sauce
- 1 14.5-ounce can Italian-style whole peeled tomatoes in puree, crushed
- 1 15-ounce can cannellini beans (white kidney beans), rinsed and drained
- 1 15-ounce can black beans, rinsed and drained
- Sour cream (optional)
- Shredded cheddar cheese (optional)

1. In a small bowl, mix chili powder, cumin, oregano, cayenne and cocoa powder.
2. In a 4-quart Dutch oven, heat olive oil over medium-high heat. Cook sweet pepper, onion and garlic until tender, stirring frequently so that the garlic does not burn.

3. Meanwhile, in a large skillet, cook the sausage and ground beef until no longer pink; drain. Add half of the spice mixture; mix well. Add meat mixture, vinegar, undrained diced tomatoes, green chiles and tomato sauce to the vegetable mixture in the Dutch oven. Bring to boiling; reduce heat. Simmer, covered, for 2 hours, stirring occasionally.

4. Add the Italian tomatoes, cannellini beans, black beans and remaining spice to the mixture in the Dutch oven. Bring to boiling; reduce heat. Simmer the chili, uncovered, 30 minutes, stirring occasionally. Serve with sour cream and cheese, if you like. **Makes 8 to 10 servings.**

Nutrition facts per serving: 474 cal, 32 g fat, 83 mg chol, 1,057 mg sodium, 26 g carbo, 9 g fiber, 26 g pro.