

King of the House Chili



Tastosterone: The Best Cookbook for Men. Author Debra Levy Picard guides men to learn how to cook some quick, easy, and most of all yummy meals. Tastosterone was created for the man who wants to test his skills in the kitchen, but needs a little extra help. This masculine cookbook, provides readers step by step instructions to strengthen men's cooking skills.

This chili recipe has a slight, but subtle kick. It's thick and made with the finest ingredients. It's the king of all chili, complete with filet and ground sirloin steak. Great for a crowd or tailgate party. Don't let the ingredients list fool you, this chili is easy to make.

Part 1

- ½ cup unsalted butter
- 5 pounds ground sirloin
- 1 pound filet mignon, cut into ¼ inch cubes (save time and ask your butcher to cube the beef for you)
- 2 cups onion, diced (about 1 large and 2 medium onions)
- 1 jalapeño, seeds removed and diced
- 1 bottle Guinness beer
- ¼ cup flour
- 32-ounce can, crushed fire roasted tomatoes
- 1 small can tomato paste
- 2 32-ounce boxes of beef broth
- 1 can black beans, drained
- 1 can kidney beans, drained
- ½ cup Mexican chili powder
- 3 tablespoons dark brown sugar
- 1 teaspoon Kosher salt

1. Melt the butter over medium high heat in a large casserole pot. Sauté meat in butter until browned.
2. With a slotted spoon remove the browned meat and place in a large bowl. Once butter has cooled, use paper towels to soak up ¾ of the butter, leaving about 2 tablespoons in the pot.
3. Add remaining ingredients into the pot with butter and sauté for 5 minutes. Return meat to the pot. Cook for 30-60 minutes, uncovered. You can eat the chili at this point for a less spicy taste.

Part 2

- 4 hot sausages
- 4 sweet sausages
- 2 cups onion, diced (about 1 large and 2 medium onions)
- 4 tablespoons vegetable oil
- 1 red pepper, diced
- 6 garlic cloves, mashed (Tip: Use the side of a knife to crush and mash the garlic.)
- 1 jalapeño, seeds removed and diced
- 2 4-ounce cans green chilies
- 2 4-ounce cans jalapeño, drained and chopped
- 4 teaspoons cumin
- 2 teaspoons cayenne pepper
- 1 small can RO*TEL tomatoes
- 2 tablespoons olive oil
- 1 lime
- 1 teaspoon Kosher salt
- pepper to taste

1. Over medium heat, sauté onion in oil in a large non-stick pan until translucent, about 10 minutes.
2. Add red pepper, garlic, chilies, jalapeño, cumin, cayenne pepper, and tomatoes to sautéed onion in pan. Sauté for 10 minutes.
3. Preheat oven to 400°F.
4. In a disposable aluminum casserole pan toss hot and sweet sausages with olive oil, Kosher salt and black pepper to taste. Bake for 40 minutes.
5. Remove sausage from the oven. Add sautéed vegetable mixture to aluminum pan with sausage. Bake

- in oven for 10 minutes.
6. Remove pan from oven. Let cool for 10 minutes, then remove the sausage from pan with tongs. Cut sausages into ½ inch slices. Add vegetable mixture and sausages to casserole pot with chili ingredients from Part 1. Toss, then cook chili over low heat for 35 minutes minimum.
7. Remove from pot and serve in bowls. Top with chopped red onion chopped, fresh cilantro, cheese, lime juice, crackers, and crema. Enjoy.

Crema

- 8 oz. container sour cream
- 2 tablespoons heavy cream
- 2 teaspoons lime juice
- zest of two limes
- 1 plastic squeeze bottle

(Tip: Plastic ketchup or mustard bottles work great. Wash and reuse to dispense your chili crema.)

1. Mix sour cream and heavy cream in a small bowl.
2. Add lime juice and zest to creams.
3. Mix all ingredients then store in a plastic squeeze bottle till ready to serve over chili.

Toppings

- 3 cups grated cheddar cheese
- ¼ cup grated Parmesan cheese
- 1 medium red onion, chopped
- 2 sleeves saltine crackers, crushed

(Tip: Place the crackers in a large Ziploc bag. Use your hands or a rolling pin to crush them.)

Inspire the culinarily-challenged men in your life to master the kitchen! Have them take a look at this cookbook, which provides recipes for nearly all age groups and levels of experience, from young boys to retired men.

www.tastosterone.com

