

## CHILE

- 1 1/2 lb. hamburger
- 2 cans Hunts Special tomato sauce
- 1 lg. can red kidney beans
- 1 tsp. chile powder
- 1/4 c. grated Cheddar cheese

Cook hamburger in frying pan with chile powder. Drain. Add beans and special sauce. Cook over low heat for 30 minutes. Add chile powder or Tabasco sauce to taste. Also, we like chunked peppers (green) cooked until tender with the hamburger.

## CHILE CHEESE ROLL

- 1 (8 oz.) box Velveeta cheese
- 1 sm. container whipped Philadelphia cream cheese
- 1 (4 oz.) can diced Ortega or jalapeno chilies

Roll out Velveeta cheese on waxed paper like a pie crust, approximately 1/8 inch thick. Spread whipped cream cheese on top of Velveeta. Spread diced chilies on top of cream cheese and roll into a log. Chill.

## CHILE CON QUESO

1 (16 oz.) tomatoes  
1 tbsp. bacon drippings  
1 lg. onion, finely chopped  
1 (4 oz.) green chilies, drained and  
chopped  
1 lb. Velveeta, cubed  
1/2 tsp. salt  
1/8 tsp. pepper

Drain tomatoes, reserving juice - coarsely chop tomatoes and set aside. Heat bacon drippings in large skillet - add onion and saute until tender. Add tomatoes and chilies - cook over low heat 15 minutes. Add reserved tomato juice, cheese, salt and pepper. Cook until cheese melts. Serve with chips. Makes about 4 cups.

## GREEN CHILE VEGETABLE STEW

1/2 lb. pork tenderloin  
1 lg. can green chilies  
1 lg. onion, chopped  
3 to 4 med. potatoes with skins, cut  
into 1 inch cubes  
1 can Mexican style stewed tomatoes

4 c. water  
1 to 2 tbsp. minced Jalapeno  
1/2 tsp. garlic powder  
1/2 tsp. salt  
3/4 tsp. black pepper  
1/2 tsp. MSG

Cut tenderloin in chunks, roll in flour. Fry in oil, brown. Add 1/2 cup flour. Add onion, saute. Add tomatoes, water, other ingredients. Cook 1/2 hour or until potatoes are done.

## CHILE BEAN SOUP

2 c. pre-cooked pinto beans  
1/2 lb. lean ground meat\*  
1/2 tbsp. chili powder  
1 carrot, diced  
1 tsp. salt  
1/4 tsp. cumin  
1/4 tsp. marjoram  
1 (1 lb.) can tomatoes, undrained  
3 green onions, diced  
1 c. water  
1 celery stalk, diced  
1/4 tsp. ground rosemary  
1/2 to 1 tsp. cilantro  
1 clove garlic, minced (optional)

Brown meat with green onions, chili powder and garlic. Put all ingredients, except beans, in cooking pot and simmer 45 to 60 minutes. Stir in beans (with original cooking juice if possible) and simmer another 15 minutes. Thin or thicken as desired by adding or decreasing water. Serve with a green salad and corn bread.

## CHILE VERDE

1 1/2 to 3 lb. pork, diced  
Oil for browning meat  
1 green bell pepper, chopped  
Canned green chiles, to taste  
Fresh chiles to taste (I use a  
combination of jalapenos, serranos  
and anaheims)  
2 or 3 onions, chopped  
3 to 6 cloves garlic, minced  
2 cans tomatoes  
1/3 c. chopped parsley  
1 c. plus or minus water  
Salt to taste  
2 tsp. ground cumin  
1/2 tsp. sugar

Brown meat lightly in oil. Add green pepper, chiles, onions and garlic, saute until soft but not brown. Combine canned chiles, tomatoes, parsley, spices and water. Bring to boil. Add meat mixture. Cover and simmer AT LEAST 2 hours, stirring occasionally. Remove lid and simmer another 30 to 45 minutes, or until sauce is reduced and thickened. Salt to taste.

## RUBY'S CHILE

1 1/2 lb. ground beef  
30 oz. can chili beans  
2 cans (28 oz. ea.) whole peeled  
tomatoes

2 cans (15 oz. ea.) kidney beans  
16 oz. chili brick (frozen foods)  
2 lg. bell peppers  
1 med. onion  
1 1/2 tsp. salt  
Green chili (optional for added spicy  
flavor)

Brown the ground beef. Place in a large pot. Add beans, brick chili, salt. Chop the bell peppers, onions and tomatoes. Add to other ingredients. Add green chili if desired. Cook slowly, stirring occasionally, the longer the better for flavor!

## VEGETARIAN CHILE

2 (16 oz.) cans of whole tomatoes  
2 beef bouillon cubes  
3 potatoes, cubed  
1 (16 oz.) can of corn  
1 (15 oz.) can kidney beans  
1 c. lentils, uncooked  
1 onion, chopped  
2 carrots, sliced  
2 cloves garlic, minced  
1 tbsp. chili powder  
1 tsp. dried basil  
2 c. of water

Combine all ingredients in a large pot. Simmer, covered 30 to 60 minutes (or until lentils are soft). Serve as a soup, or as a main course over cooked rice. Serves 6, about 315 calories per serving.

## SWEET CHILE CON CARNE

1 tbsp. margarine  
1 lb. lean hamburger  
1/2 c. chopped onion  
1 can kidney beans (1 lb. can) juice  
& all  
1 can tomato soup  
1 sm. can tomato paste  
1 tsp. salt  
1/2 tsp. chile powder

Melt margarine in pot over medium heat. Add meat and onions and cook until browned stirring frequently. Add the rest of the ingredients and cook, covered, 30-40 minutes stirring occasionally over very low heat. Freezes well.

## JACK'S CHILE

5 lbs. lean meat  
1 lg. onion, chopped  
10 chile pods (remove seeds, soak in water)  
1 sm. whole garlic (5 cloves), chopped  
1 tbsp. cumino seeds  
1/2 - 1 tbsp. chile petines  
1 tbsp. salt  
Water  
Masa flour

Brown meat, onion and garlic in a heavy pot until gray in color. Mix cleaned chile pods and chile petines in blender with 1 to 2 cups of water. Make paste. Pour paste into meat and add 4 to 6 cups of water, salt and cumino seeds. Cook 1 to 1 1/2 hours and then thicken with 2 to 3 tablespoons masa flour. If meat is fat, skim off fat before adding flour.

## LISA'S CHILE

1 lb. ground beef  
32 oz. can whole tomatoes  
16 oz. can chile beans  
1 onion, chopped  
1 green pepper, chopped  
Chile powder (to taste)

Brown ground beef with onion and pepper. Drain off fat. Add tomatoes, beans and chile powder. Simmer 1-2 hours.

## CHILE VERDE (PORK STEW WITH GREEN CHILIES)

3 lbs. pork butt, cubed  
3 lg. onions, chopped  
3 cloves garlic, minced  
1 tbsp. oregano, crumbled  
1 c. green chilies, chopped  
1 to 2 Jalapenos, deseeded & chopped  
(optional)  
3 tbsp. flour  
Water  
Salt & pepper  
Lard or olive oil to saute

Cut away as much fat as possible from the pork and cut into cubes. Brown meat in lard or olive oil. Remove from pan and sprinkle meat with the flour. Brown onions and garlic in frying pan until transparent, but not brown. Add meat, oregano, chilies to onion mixture and add water to cover. Simmer 2 to 3 hours. Add salt and pepper during last 1/2 hour. Cool and degrease stew. Serve rolled inside flour tortillas. Serves 6.

## GRANDMOM'S CHILE SAUCE

12 tomatoes, skinned  
2 onions, minced  
2 red bell peppers, chopped  
2 green bell peppers, chopped  
1 tsp. celery seed  
1 tsp. cinnamon  
1/2 c. brown sugar  
2 tbsp. salt  
1 1/2 pt. (3 c.) vinegar  
1 tbsp. whole allspice  
1 tsp. ground allspice

Boil slowly 1 1/2 hours. Great served with roast beef.

## MICROWAVE CHILE

1 lb. ground beef or turkey  
1 med. onion, chopped  
1 c. chopped celery  
2 cans (10 3/4 oz.) tomato soup  
1 can (16 oz.) kidney beans, undrained  
1/4 c. water  
1 1/2 to 2 tsp. chili powder  
1 tsp. brown sugar  
1 tsp. Worcestershire sauce  
1/2 tsp. salt  
1/2 tsp. pepper  
1/8 tsp. cayenne pepper

Combine meat, onion and celery in 3 quart casserole dish. Microwave on high 6 to 9 minutes or until meat is cooked and vegetables are tender. Drain fat and break up meat. Stir in remaining ingredients. Cover. Micro on high 5 minutes. Stir. Reduce power to 50 percent. Micro uncovered 30 to 35 minutes. Stirring twice. Makes 2 quarts.

CHILE SEASONING MIX



1 tbsp. flour  
2 tbsp. instant minced onion  
1 1/2 tsp. chile powder  
1 tsp. seasoned salt  
1/2 tsp. crushed dried red pepper  
1/2 tsp. instant minced garlic  
1/2 tsp. sugar  
1/2 tsp. ground cumin

Store in air-tight, cool, and dry place.

#### CHILE:

1 lb. lean ground beef  
2 (15 1/2 oz.) cans kidney beans  
2 (16 oz.) cans tomatoes  
1 pkg. Chile Seasoning mix

#### OLD FASHIONED CHILE CON CARNE

2 lbs. ground beef  
1 c. chopped onions  
2 cloves garlic, minced  
1 tbsp. oil  
3 1/3 c. drained, cooked or canned  
pinto beans  
1 can tomatoes  
1 2/3 c. drained, cooked or canned  
kidney beans  
1 c. water  
1 can tomato sauce  
1 tbsp. chili powder  
1 tsp. salt  
1/2 tsp. ground cumin (opt.)

Brown ground beef, onion and garlic in oil. Mash and reserve 1 cup pinto beans. Drain tomatoes reserving liquid; coarsely chop. Add whole beans, tomatoes, reserved tomato liquid, water, tomato sauce and seasonings. Bring

mixture to a boil. Simmer 30 to 35 minutes, stirring occasionally. Add additional water during simmering if necessary. Stir in mashed beans; mix well. Simmer 5 minutes longer or until slightly thickened. Serve with tortillas. Serves 8 (1 cup servings).

### CHILE RELLENO PIE

1 lb. ground beef  
1 can Rotel diced tomatoes\*  
1 (8 oz.) pkg. Kraft shredded Colby &  
Monterey Jack cheese  
3 cans whole chile peppers  
2 premade deep dish pie crusts

Brown beef; drain well. Mix in diced tomatoes; drain again. Layer in 1 pie shell, 1/2 of meat, then 1/2 of shredded cheese. Take well drained and split whole green chiles and layer over cheese. Layer rest of meat, cheese and chiles. Cover with 2nd pie crust. Seal edges of crust together with a fork and puncture top crust with fork. Bake at 350 degrees for approximately 30 minutes or until golden brown. \*For milder recipe - substitute tomatoes without green chiles.

### TURKEY CHILE RELLENO CASSEROLE

8 oz. raw Turkey Sausage (recipe follows)  
1 c. chopped onion  
1 c. fresh or bottled Mexican salsa  
3/4 c. skim milk  
4 lg. eggs  
1/4 c. flour  
1/4 tsp. salt  
8 oz. Weight Watcher Brick cheese, shredded  
2 (7 oz.) cans whole green chilies

Brown sausage until crumbled and well done. Add onion and cook until soft. Add salsa; simmer until mixture thickens. Beat milk, eggs, flour, and salt until fluffy; add cheese. Layer chilies, sausage mixture, and egg-cheese

mixture. Bake at 350 degrees for 40 minutes. Turkey Sausage: 1 pound ground turkey, 1 teaspoon marjoram, 1 teaspoon thyme, and 1 teaspoon poultry seasoning. Won 1st place in 5th annual Weight Watchers cook off.



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