



## ASF Chili

**1 lb. protein (any kind: ground beef or turkey or veggie crumbles or firm tofu – even leftover cooked protein, ground, will do)**  
**2 tbsp. olive oil**  
**2 cloves garlic, minced**  
**1 medium onion, diced**  
**1 medium bell pepper, diced**  
**1 jalapeno pepper, seeded and diced**

**1 cup frozen corn**  
**2 cans beans (any kind: kidney, pink, cannellini, garbanzo)**  
**1 28 oz. can diced tomatoes**  
**1 cup broth (beef, chicken or vegetable )**  
**Secret Chili Seasoning (to taste – see recipe below)**

To make Secret Chili Seasoning:

1/2 cup each of chili powder, salt, cumin, cilantro    1/4 cup black pepper  
1/8 cup red pepper flakes (or to taste)

1. Heat oil in a Dutch oven or deep pan. Sauté garlic lightly (careful not to burn)
2. Add protein and brown.
3. Spoon browned protein into a bowl, leaving the oil behind.
4. Sauté the onion and peppers lightly, adding more oil if needed
5. Add the protein, corn, tomatoes, broth and 1/2 cup of the Secret Chili Seasoning. Bring to a boil and then turn down to simmer.
6. Add the beans, simmer. Taste and add more Seasoning if desired.
7. Serve with pasta, rice or cornbread. Top with cheese, sour cream, guacamole, salsa.  
Enjoy!