

Emeril Lagasse's Chili

Ingredients

2 tbsp vegetable oil	2 c chopped onions
2 lb stew meat or hamburger	1 T chili powder
2 tsp ground cummin	2 tsp dried oregano
2 tbsp chopped garlic	3 c crushed tomatoes
1/4 c tomato paste	2 c beef stock
1 cn dark red kidney beans	1 pn salt
1 pn cayenne pepper	1 pn crushed red pepper
2 T masa flour	4 T water
1 bag tortilla chips	1/2 c grated monterey jack cheese
6 T sour cream	

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In a large saucepan, heat the vegetable oil. When the oil is hot, add the onions and saute for 3 to 5 minutes, or until the vegetables start to wilt. Season with salt and cayenne. Stir in the stew meat, chili powder, cumin, crushed red pepper, and oregano. Brown the meat for 5 to 6 minutes. Stir in the garlic, tomatoes, tomato paste, beef stock, and beans. Bring the liquid up to a boil and reduce to a simmer. Simmer the liquid, uncovered for 1 hour, stirring occasionally, or until the beef is tender. Skim off the fat occasionally. Mix the masa and water together. Slowly stir in the masa slurry and continue to cook for 30 minutes. Re-season with salt and cayenne. Place a handful of the chips in each shallow bowl. Spoon the chili over the chips. Garnish with the grated cheese, sour cream and jalapenos.