

“Bachelor” Chili by Steve Cloutier

This recipe results in a quick, easy to make, healthy, and a very good tasting chili. I have served this to LOTS of people over the years, and it is extremely well received.

Step 1: Choose a pot that is large enough.



Step 2: Over a medium heat, Brown the Meat. If there is any Liquid oil left in the pot, drain it off.



Step 3: Pour in the Salsa, stir thoroughly.



Step 4: Adding the beans – Drain off any excess liquid, then add beans to the pot and stir (see notes).



Ingredients List (also, see notes):

- 1 Pound ground beef (low fat/grass fed is best)
- 3 or 4 cans of Westbrae Naturals Chili Beans (see notes)
- 1 Jar Green Mountain Gringo Hot salsa
- 1 Jar Green Mountain Gringo Roasted Garlic Medium salsa
- 1 Jar Green Mountain Gringo Mild Salsa
- 1 ½ to 2 TSP salt (see notes).

Step 5: Add the salt and stir thoroughly (see notes).



Step 6: Over medium heat, bring to a low boil, stirring often to avoid any burning or sticking to the bottom of the pot.

Step 7: COVER the pot, Lower the heat to low, and simmer for approximately 2 hours. Stir occasionally

Once cooked, allow the chili to cool. This allows the beans to absorb the liquid, and enhances the flavor (considerably).

Reheat and serve, optionally with cornbread, naan and/or your favorite red wine.



Notes on this recipe -

Beans: 3 or 4 cans of beans can be used, depending on your preference. If unsure, use 3 cans. Other beans (such as Goya beans) may be used. Recommended types of beans are Red Kidney, Black, and Pinto in equal proportions.

Salt (Important!): Westbrae beans contain NO ADDED SALT. If you use beans that contain salt (sodium), which is very common in Goya and other brands, you are likely not to need to add any additional salt other than that salt contained in the beans.

Salsa: USE GOOD SALSA !! Green Mountain Gringo is the best I have found for chili !