

Vegetarian Black and White Bean Chili

A light and simple flavorful vegetable chili with black and great northern beans

Yield:

4 servings

Ingredients:

1 teaspoon butter or oil
1/2 red bell pepper, diced
1/2 green bell pepper, diced
1 medium onion, diced
1 large clove garlic, minced
2 trimmed, seeded, and diced jalapeno chiles, optional
1 tablespoon freshly ground cumin
2 tablespoons chili powder
1 teaspoon black pepper
1/2 teaspoon (packed) brown sugar
2 cups diced tomatoes*
2 cups cooked Great Northern beans*
2 cups cooked black beans*
3-4 cups water or vegetable broth
1 large (fresh or dried) anaheim pepper with seeds removed, optional
1 teaspoon salt (or to taste)
Shredded cheese, sour cream, fresh cilantro, and tortilla chips: optional, for topping

Instructions:

1. In stock pot over medium heat, saute peppers, garlic, and onion in the butter or oil until vegetables are tender.

2. Add seasonings (except salt), tomatoes, beans, and broth or water. Stir well and add the anaheim pepper (whole) if using.
3. Cover and bring to a boil. Stir and simmer, covered, for at least 45 minutes or until chili is to desired consistency. Remove anaheim pepper. Add salt to taste.
4. Spoon into bowls. Top with desired toppings.



This recipe is from Tammy's Recipes.

Tammy's Chili

Even-bodied chili, slightly sweet and full of flavor; this is our favorite homemade chili!

Yield:

4-5 cups

Ingredients:

1 pound ground beef

2 medium onions, chopped (about 1 cup)

1 cup chopped green bell peppers
1 clove garlic, minced
28 ounces tomatoes (diced)
8 ounces tomato sauce (use some tomato paste instead for a thicker chili with less cooking time)
2 teaspoons chili powder
1 teaspoon salt (or more; salt to taste)
1/8 teaspoon black pepper
2 teaspoons freshly ground cumin
1/8 teaspoon cayenne red pepper
1/4 teaspoon paprika
15.5 ounce can of kidney beans, rinsed and drained
1/8 cup brown sugar

For serving:

Shredded cheese, sour cream, diced avocado, freshly chopped cilantro, corn chips and/or hot sauce!

Instructions:

1. Cook and stir beef, onions, garlic, and green peppers in a skillet or stock pot until meat is brown. Drain grease.
2. In stock pot, combine all ingredients and bring to a boil. Reduce heat, cover, and simmer for 1 1/2-2 hours, stirring occasionally. Or, simmer uncovered for about 45 minutes. If you use tomato paste instead of the tomato sauce, the chili will get thicker faster, and might only need to simmer for 20-30 minutes.
3. Serve hot with chips, cheese, sour cream, hot sauce, diced avocado, and/or fresh cilantro.



This recipe is from Tammy's Recipes.

Slow-Cooked Herbed Beef and Potatoes

Savory and tender, this beef is simmered in a slow cooker and served over potatoes

Yield:

8 hearty servings

Ingredients:

2 pounds beef stew meat (in large cubes) or beef roast (chuck roast or similar)

1 large onion, diced

6 bay leaves

1/2 teaspoon black pepper

1 teaspoon dried thyme (or 1 tablespoon fresh)

1/4 teaspoon dried sage (or 1 teaspoon fresh)

1/2 teaspoon dried savory (or 1/2 tablespoon fresh)

2 teaspoons salt

2-3" of water in slow cooker (about 4 cups)

Additional ingredients:

1/2 cup all-purpose flour

1 cup milk or water

3 pounds potatoes, washed and cut into 1" chunks*

2 tablespoons butter

1 teaspoon salt

Instructions:

1. Place beef, onions, seasonings, and water (about 4 cups) into slow cooker. I use a 6-quart slow cooker, but I think this would fit in a 3-4-quart one as well. Cook on HIGH for 6 hours.

2. After about 5 1/2 hours of cooking, wash and cube the potatoes and place in a stock pot. Cook, covered, until potatoes are soft. (Reduce heat after potatoes start to boil.)

3. While potatoes are cooking, whisk together the 1/2 cup all-purpose flour and 1 cup milk or water in a small bowl. Remove the 6 bay leaves from the beef. Stir in the flour/milk mixture, into the hot beef, and cover again. Allow to heat for 10 minutes (still on HIGH) and stir again. Cover again, and heat until bubbly.

4. Drain potatoes briefly, return to pan, and stir in 2 tablespoons butter and 1 teaspoon salt. Potatoes can still be chunky. Or, you can use a hand mixer to make mashed potatoes. (Add 1/2 cup milk if making mashed potatoes.)

Serve the hot beef over the potatoes and enjoy!



This recipe is from Tammy's Recipes.

Hearty Beef and Lentil Chili

A delicious chili made with beef, lentils, tomatoes, vegetables, and seasonings! This easy, from-scratch chili tastes amazing!

Yield:

about 5 quarts

Ingredients:

2 to 2.5 pounds ground beef or inexpensive steak*

1 medium onion, diced (about 1 cup)

2 cloves garlic, minced

1 bell pepper (any color), diced

2 cans (14.5 ounces each) diced tomatoes (or 4 cups diced fresh tomatoes)

1 tablespoon chili powder

1 tablespoon ground cumin

1/2 teaspoon paprika

1 tablespoon brown sugar

A few splashes of your favorite hot sauce (or a dash of cayenne pepper)

2 teaspoons salt (or to taste)

6 cups water

1 pound dry lentils (about 2 1/2 cups of dry lentils), rinsed

Optional, for serving:

Shredded cheese

Sour cream

Chopped fresh cilantro

Hot sauce

Tortilla chips

Instructions:

1. In a large stock pot, brown ground beef with onion, garlic, and pepper. Drain grease and return to pan. Add remaining ingredients, except lentils and optional ingredients, to the drained meat mixture.

If using steak, trim as much fat as possible from meat and cut into small pieces. In a large stock pot, brown meat with onion, garlic, and pepper. Do not drain. Add remaining ingredients except lentils and optional ingredients.

2. Cover and bring to a boil. Simmer covered, on medium-low heat for at least 30 minutes. Add lentils and stir. Cover and simmer for an additional 60 minutes or until lentils are tender. If this chili is too "soupy" for your tastes, simmer uncovered for another 15 minutes or so, until it's the thickness you desire. (And if it's too thick, add a splash of water.)

3. Serve hot, with optional ingredients of your choice. Enjoy!

□

See additional notes below for the crock pot version of this recipe! □



Additional Notes:

***Using ground beef vs. inexpensive steak:**

Using ground beef is faster, since you don't need to dice it before cooking.

Using steak is great for making this chili in the slow cooker, since you can trim the fat before cooking, and don't need to use a separate pan to brown the meat before putting it in the crock pot.

Making lentil chili in the slow cooker:

I recommend using an inexpensive steak, with the fat trimmed as well as possible, so you can make this chili start-to-finish in your crock pot! If you choose to use ground beef instead, brown it in a pan on the stove, drain the grease, and then add to your crock pot.

Add all ingredients (except optional ingredients) to a 6-quart crock pot. (If your slow cooker is smaller than 6 quarts, reduce the recipe to fit.) Cook on HIGH for 8-10 hours. Keep warm until ready to eat! Serve with your choice of the optional ingredients listed.

Slow cooker prep time: 20-30 minutes

Slow cooker cook time: 8-10 hours

This recipe is from Tammy's Recipes.

Crusty Home-Style Bread Bowls

Ingredients:

1 cup warm water (110-115 degrees F)

1 tablespoon sugar
1 teaspoon salt
2 3/4 cups all-purpose flour
2 teaspoons dry yeast
1 egg yolk
1 tablespoon water

Instructions:

1. In mixing bowl, combine water, sugar, and salt.
2. Add flour and yeast (start with 2 cups of the flour). Stir and then knead to make a smooth, slightly sticky dough. Knead for about 5 minutes. Cover and let rest for 10 minutes
3. Grease the outsides of eight 6-ounce glass custard cups (oven-safe). Place cups upside down on ungreased cookie sheets.
4. Divide dough into 8 equal pieces. Pat or roll each piece into a 5-6 inch circle, on a lightly floured surface (or oil your hands and just form the dough in your hands). Shape dough over the outsides of the greased cups. Allow dough to touch cookie sheet, but not to curl under the edges of the cups.
5. Cover and let rise in a warm place for 20 minutes or until slightly puffy.
6. Pre-heat oven to 375 degrees F. Mix egg yolk and water; brush gently over the bread bowls. Bake for 18-22 minutes, until bread is done and bowls are golden brown. Remove from oven and immediately, carefully

remove bread from bowls. (I used oven mitts, since bowls and bread are very hot.)

7. Cool bread bowls upright on wire rack. Serve with chili or soup of your choice! ☐



Crusty Home-Style Bread Bowls

Spicy Chicken Chili

Ingredients:

- 2 red or green bell peppers, chopped
- 2 cloves garlic, minced
- 1 large onion, chopped
- 2 tablespoons vegetable oil
- 2 cups diced tomatoes (if canned, do not drain)
- 1 1/2 cups chicken broth or water
- 1 can (15.5 ounces) kidney beans, rinsed and drained
- 2 cups salsa (choose heat intensity to suit your tastes)
- 1 cup frozen or canned/cooked corn

4 teaspoons chili powder
1 teaspoon freshly ground cumin
1/8 teaspoon cayenne pepper, optional (use only if you like hot chili!)
salt and pepper, to taste
2 cups cooked cubed chicken Instructions:

1. Sauté peppers, garlic, and onion in oil. Add tomatoes, chicken broth, beans, salsa, and corn. Season with chili powder, cumin, and peppers.
2. Bring to a boil; reduce heat and simmer, uncovered, for about 40 minutes, until chili is thicker. Add chicken; simmer 10 minutes longer, adding additional water if needed. Season with salt to taste.



Spicy Chicken Chili

This recipe is from Tammy's Recipes.

Wheat Berry Soup

Ingredients:

2 cups wheat berries

3 quarts of water, approx.

1 1/2 pounds inexpensive beef roast or steak

1 1/2 cups chopped onion

2 cloves garlic, minced

1 1/2 cups chopped celery

2 teaspoons salt (or more, depending on your preference)

1/2 teaspoon black pepper

Instructions:

1. Soak wheat berries in 4 cups of the water for 12-24 hours.
2. Trim fat from meat and dice into bite-sized pieces.
3. In a large stock pot, brown meat with onion and garlic. When meat is browned, add the celery and part of the water (maybe about 6 cups), so that the meat is completely covered.
4. Cover the pot, and bring to a boil. Stir, cover again, reduce heat, and simmer for about 30 minutes.
5. Add the wheat berries (including the water in which they have been soaking), cover, and bring back up to a boil. Reduce heat and simmer, covered, for about 2 1/2 hours. The wheat is fully cooked when the berries are soft, chewy, and split.
6. Add an additional 2-4 cups of water to make the broth/soup the desired strength. We like less broth, but if you prefer a more watery soup, you might want to add a little more water. □

Season with salt and pepper.



Wheat Berry Soup

Wheat Berry Soup

A simple but delicious hearty beef soup with wheat berries

Yield:

about 4 quarts

Ingredients:

2 cups wheat berries

3 quarts of water, approx.

1 1/2 pounds inexpensive beef roast or steak

1 1/2 cups chopped onion

2 cloves garlic, minced

1 1/2 cups chopped celery

2 teaspoons salt (or more, depending on your preference)

1/2 teaspoon black pepper

Instructions:

1. Soak wheat berries in 4 cups of the water for 12-24 hours.
2. Trim fat from meat and dice into bite-sized pieces.
3. In a large stock pot, brown meat with onion and garlic. When meat is browned, add the celery and part of the water (maybe about 6 cups),

so that the meat is completely covered.

4. Cover the pot, and bring to a boil. Stir, cover again, reduce heat, and simmer for about 30 minutes.

5. Add the wheat berries (including the water in which they have been soaking), cover, and bring back up to a boil. Reduce heat and simmer, covered, for about 2 1/2 hours. The wheat is fully cooked when the berries are soft, chewy, and split.

6. Add an additional 2-4 cups of water to make the broth/soup the desired strength. We like less broth, but if you prefer a more watery soup, you might want to add a little more water. □ Season with salt and pepper.



Wheat Berry Soup

This recipe is from Tammy's Recipes.

Beef and Barley Soup

A hearty and flavorful barley soup with beef, onions, and celery

Yield:

5 quarts

Ingredients:

2 pounds beef roast
1 large onion, chopped
6 celery ribs, chopped
2 cloves garlic, minced
1 3/4 cups barley (dry/uncooked measurement)
1 1/4 teaspoon salt
1/4 teaspoon pepper
beef bouillon, optional
3 1/2 quarts water, approximately

Instructions:

1.
Trim fat from meat and dice into 1-inch cubes. Saute meat with garlic in a large (6-quart) stock pot. Brown on medium-high heat, stirring often.
2. When meat is browned, add part of the water (enough to cover the meat) and bring to a boil. Reduce the heat and simmer, uncovered, for an hour.
3. Add the remaining ingredients. Bring to a boil and then simmer for at least 1 hour. If soup becomes too thick, add additional water according to your preference.



Beef and Barley Soup

This recipe is from Tammy's Recipes.

Cream of Asparagus Soup

A creamy hot green soup made with asparagus and onions

Yield:

6 servings

Ingredients:

6 cups asparagus pieces (trimmed and cut or broken into 1 to 2-inch lengths)

1 medium-large onion, coarsely chopped

3/4 cup water

1 tablespoon butter

1 1/2 cups milk

1/4 cup flour

1/8 teaspoon pepper

salt, to taste*

Instructions:

1.
In a large stock pot, boil or steam asparagus and onions until tender.
(I usually add the asparagus and onions to boiling water and cook for about 5 minutes.)
2. Drain off the hot water. Pick out about a half-cup of the asparagus tips and reserve for adding to the soup later.
3. Pour 3/4 cup of water into a blender. Add the drained asparagus and onions. Process at a high speed for a few minutes, until mixture is completely smooth.
4. In the same large stock pot, melt 1 tablespoon butter. In a small bowl, whisk together the milk, flour, and pepper, until no lumps remain.
Add milk mixture to melted butter and turn heat to medium. Add asparagus puree.
5. Whisk asparagus and milk together and bring to a boil. Boil for about a minute, until mixture has thickened slightly. Add salt to taste. Stir in asparagus tips and serve hot!



Cream of Asparagus Soup

This recipe is from Tammy's Recipes.