

Robin's Oklahoma Chili

MAKES: 8 servings

This recipe is mix of several different chili recipes that I have tweaked with over the years. It is not "hot" spicy - because my family does not like to eat "hot" chili. However, you can increase the spices to your taste.

INGREDIENTS

- 4 tablespoons olive oil
- 1 pound ground bison or ground dark turkey
- 1 pound ground dark turkey
- 2 large onion, finely chopped
- 2 14-ounce Guinness Stout beer
- 3 14 1/2-ounce can fire roasted diced or crushed tomatoes
- 1 14 1/2-ounce can diced tomatoes
- 16 oz fire roasted frozen corn
- 1 cup strong brewed coffee
- 2 tablespoons tomato paste
- 1/2 cup brown sugar, (can vary between 1/4 to 1/2 cup, to taste)
- 2 tablespoons cocoa powder
- 1 hot pepper, seeded and finely chopped, or to taste
- 1 tablespoon Worcestershire sauce
- 1 tablespoons ground cumin
- 1 teaspoons ground coriander
- 1 tablespoon ancho chili powder
- 1 tablespoon chili powder
- 2 teaspoons salt, or to taste
- 4 15-ounce cans kidney beans
- 2 15-ounce can cannellini or pinto beans
- 1 tablespoon chile sauce (I omit)
- 1 teaspoon cayenne pepper (I omit), or to taste

DIRECTIONS

1. Place a Dutch oven or other large pot over medium heat. Add the oil and heat until shimmering. Add the meat and sauté until browned, then transfer to a plate.
2. Add the onion to the pot and stir for 1 minute. Pour in beer. Stir in the tomatoes, coffee and tomato paste.
3. Add the brown sugar, chile sauce, cocoa powder, hot pepper, cumin, coriander, cayenne, salt and kidney beans. Return the meat to the pot. Reduce heat to low and simmer, partly covered, for 1 hour.
4. Add the white beans to the pot and simmer over very low heat, partly covered and stirring occasionally, for 1 to 2 more hours. (Longer cooking improves the flavor.) Adjust salt and cayenne pepper as needed and serve.

NOTES

Helpful comments from the NYTimes that I used to tweak this recipe:

Like most of the recommendations said, I halved the brown sugar and cocoa portions, but also replaced the cayenne with ancho chili powder and added 2-3 teaspoons of chipotle tabasco and sriracha. It left the chili with more flavor but not much of a kick, though that was the intention since a few of the individuals I was cooking for cannot handle any type of heat.

I made this without the chile sauce. All the chile sauces I found in the supermarket seemed to be ketchup with high fructose corn syrup added. I looked for chile sauce recipes, and they were ketchup or tomato paste with Worcestershire sauce, vinegar, and brown sugar. Since two of these are already in the recipe, I simply added about half a tablespoon of Worcestershire sauce and a splash of red wine vinegar. Tasted great to me, and the rest of the family ate it up too.

I made this with a few tweaks and it came out as the best chili I have ever made. 1. I added a tablespoon of chili powder. 2. I added a tablespoon of ancho chili powder 3. I used baking cocoa powder (the recipe is not clear on that. I used the kind of cocoa powder that has no sugar) 4. I added some frozen vegetables (corn and okra in my case but anything would work) to add some bulk The flavor was rich and complex. I will make this again and it will be a staple in my meal planning.

7-Ingredient Veggie Sliders

7-ingredient smoky veggie sliders that are gluten-free, vegan, and perfectly tender and crumbly. Make the whole batch for a crowd, or par-bake half, freeze, and save them for later.

Author Minimalist Baker



4.55 from 31 votes

PREP TIME	COOK TIME	TOTAL TIME
15 minutes	45 minutes	1 hour

Servings 10 (patties)
Course Entrée
Cuisine Gluten-Free, Vegan

Ingredients

- 1/2 red onion (finely diced // 1/2 onion yields ~3/4 cup)
- 6 button or baby bella mushrooms (diced // 6 mushrooms yield ~1 1/4 cups)
- 1 pinch each salt and pepper
- 1 15-ounce can kidney (or black) beans (well rinsed and drained)
- 3/4 cup cooked quinoa
- 1 Tbsp (yes, Tablespoon) [chili powder](#) (or sub cumin)
- ~1/2 cup raw walnuts (crushed or ground into a loose meal // divided)
- 1 shake vegan Worcestershire or A-1 sauce (*optional* // for even more flavor // ensure gluten-free for GF eaters // add when adding the chili powder)

Instructions

1. Heat a large skillet over medium-low heat and add some nonstick spray or add a bit of olive oil. When hot, add the onion and slowly sauté, seasoning with a pinch each salt and pepper.

2. When the onions are soft – about 5 minutes – turn up the heat to medium and add the mushrooms. Season with another pinch of salt and pepper and cook until the mushrooms and onions are slightly browned and fragrant – about 3 minutes.
3. Remove from heat and add beans and mash. You're looking for a rough mash, not to turn it into a paste, so you can leave some whole or halved if you want. Taste and add another pinch of salt, or pepper if needed.
4. Transfer the mixture to a mixing bowl, add the quinoa, chili powder or cumin and stir. Lastly, add the walnuts a little at a time until the mixture is thick and malleable enough to form into patties. Pop in the fridge for 10-15 minutes to cool and preheat your oven to 375 degrees F (190 C). Coat a baking sheet with nonstick spray or olive oil.
5. Once chilled, form into small patties. I love using a peanut butter jar lid lined with plastic wrap to get the perfect, mess-free shape (a tip I learned from Iowa Girl Eats). See photo.
6. Arrange on the baking sheet and brush or spray the tops with olive oil and another pinch of black pepper and any leftover crushed walnuts (optional). Bake for a total of 40-45 minutes, flipping around the 20-minute mark. Cook longer to dry them out even more and achieve more crisp, but it's not necessary. For a quicker option, form into thinner patties (1/4 inch) and brown in a saucepan over medium to medium-high heat lightly coated with olive oil. Cook until brown on both sides – 3-4 minutes on each side. However, this version doesn't get them as well done in the middle.
7. Serve on small buns or atop mixed greens with desired toppings.
8. If you don't want to cook the whole batch at once, form into 10 thicker patties (as original recipe is written), par-bake them at 375 for 15-20 minutes. Then cool and stack between layers of parchment paper and cover. Freeze for up to a few weeks. To cook, bake as instructed until desired texture/color is reached.
9. Makes ~10 medium baked patties or ~16 thin sautéed patties (as original recipe is written)

Notes

*Inspiration gleaned from the talented [Love and Lemons](#)

*Nutrition information is a rough estimate calculated without toppings.

Did you make this recipe?

CALIFORNIA JALAPEÑO MOLD
SERVES 6-8

1 envelope unflavored gelatin
1 cup cold water
1 cup sour cream
1/2 cup mayonnaise
1/4 teaspoon salt
8 ounces Cheddar cheese, shredded
2 tablespoons finely chopped green pepper
2 tablespoons finely chopped pimiento
1-2 tablespoons minced onion
4 ounces green chiles, finely chopped
1 teaspoon Worcestershire sauce
Parsley sprigs
1 red pepper, seeded and cut in thin rings
Crackers or toast rounds (I like Fritos)

Sprinkle gelatin over cold water in a small sauce-pan. Stir constantly over low heat until dissolved, 3-4 minutes. In a mixing bowl combine sour cream and mayonnaise and gradually add gelatin. Mix until well blended. Stir in the salt, cheese, green pepper, pimiento, onion, chiles, and Worcestershire, mixing well. Chill until slightly thickened, about 20-30 minutes, then stir and refrigerate for 4 hours or until firm. Unmold onto a serving platter and garnish with parsley and red pepper rings. Serve with crackers or toast rounds.

NOTE: This tastes better if it stands overnight.

California Heritage Cookbook, The Junior League of Pasadena, 1976

Healthy Buffalo Chicken Dip

½ cup Greek Yogurt

½ cup cottage cheese, blended

¼ cup buffalo sauce

1 cup shredded chicken

Salt and pepper to taste

Preheat oven to 375. Mix all ingredients in oven safe dish. Shred cheese on top.

Bake for 12 – 15 minutes or until sheese browns.

Serve with crackers, veggies, or pita bread.

Makes 3 cups: 1 cup is 167 calories

Hawaiian Style Boiled Peanuts

Ingredients

- 1 pound raw peanuts
- ¼ cup Hawaiian sea salt → used less salt
- 6 whole pieces of star anise
- 4 inch piece of ginger thinly sliced
- 1 tablespoon black peppercorns
- 10 cups water

Instructions

- Rinse the raw peanuts and pick out any debris.

Place the raw peanuts in a large pot & Soak in the water overnight.

- Top with the sea salt, star anise, ginger, and black peppercorns.

Bring to a boil and then simmer over low heat for 1-2 hours. Stir every 15 minutes and check for doneness after 1-hour.

Brookies Brownies

Christina Marsigliese - scientificallysweet.com

Cookie dough:

- ⅓ cup (75g) unsalted butter, just melted
- ⅓ cup (70g) packed dark brown sugar
- 2 tablespoon (25g) granulated sugar
- 1 large egg yolk
- 1 teaspoon (5ml) pure vanilla extract
- ¾ cup (105g) all-purpose flour
- ¼ teaspoon baking soda
- heaping ¼ teaspoon salt
- ½ cup (85g) dark chocolate chips. plus extra for topping

Brownie Batter:

- 5 oz (142g) bittersweet chocolate (70% cocoa), coarsely chopped
 - 6 tablespoon (84g) unsalted butter
 - 2 large eggs at room temperature
 - ¾ cup (150g) granulated sugar
 - ½ teaspoon pure vanilla extract
 - ¼ teaspoon salt
 - ⅓ cup (50g) all-purpose flour
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- Preheat oven to 350°F. Line an 9x9-inch square metal baking pan with parchment paper leaving a 2-inch overhang at each side.
 - **Make the cookie dough.** Melt the butter in the microwave or on the stovetop until it is *JUST* melted, then stir off the heat until the residual heat gently melts the remaining solid butter. Combine melted butter with brown sugar and granulated sugar in a large bowl and mix to combine. Mix in egg yolk and vanilla. Sprinkle in flour, baking soda and salt and fold it in. Fold in chocolate chips.
 - Roll cookie dough into about 18 small balls, transfer them to a lined plate or tray, cover and refrigerate while you make the brownie batter.
 - **Make the brownie batter.** Combine chocolate and butter in a saucepan over very low heat and stir constantly until melted and smooth, or melt in the microwave at 50% power in short bursts with frequent stirring.
 - Combine eggs, sugar, vanilla and salt in a large bowl and whisk until pale and thick. Beat in warm melted chocolate mixture. Sprinkle flour over the mixture and fold it in until evenly combined.
 - Flatten the chilled dough balls into discs. Place half of the cookie dough balls directly onto the bottom of the lined pan, spread the brownie batter over them, then place the remaining flattened dough balls on top. Bake for about 30 minutes at 350°F until a skewer comes out with a few moist stick crumbs attached.

Chicken Parmesan Sliders

2 packages Kings Hawaiian Butter Rolls

2 chicken breasts, poached and shredded

Marinara sauce

16 slices mozzarella cheese

½ cup butter

2 cloves garlic, minced

1 Tbsp parmesan cheese plus more for sprinkling on top

Chopped parsley

Slice rolls in half and put bottom half in 13x9x2 inch pan.

Top with 8 slices of mozzarella.

Mix chicken with enough marinara sauce to coat. Spread over the cheese slices.

Top with remaining cheese slices and tops of rolls.

Melt butter with minced garlic and parmesan cheese. Brush on top of rolls and sprinkle with more parmesan.

Bake at 375 for 25 minutes.

Sprinkle with chopped parsley.

John's Salad

Green leaf lettuce

Red leaf lettuce

Parsley

Pistachios

Corn & Chile Salsa (Trader Joe's)

Edamame and Corn Salad (Village Market)