

Beefy Chili with Roasted Poblanos



Plan Z Phase: This is a Z2 (ZReduction) recipe. My newest chili. LOVE this stuff! Big YUM.

Servings: Serves 6 – 8. Each serving is 1- $\frac{1}{2}$ cups. Since this recipe includes veggies, a 1- $\frac{1}{2}$ cup includes your veggie portion for the meal as well. If you want to bulk up your portion, try adding shredded cabbage to the chili while it's simmering. Since cabbage is unlimited on ZReduction, you can add as much as you want. YUM!

Ingredients:

- 2 lb of ground sirloin
- 2 large poblano peppers, seeded and cut into narrow strips
- 1 cup of red onions, diced
- 1 cup of Vidalia onions, diced
- 2 Tbl of minced garlic (jar garlic will work)
- $\frac{1}{2}$ tsp of ground cinnamon
- 2 Tbl of chili powder (you choose your favorite from mild to monster)
- 1 tsp of cumin

- ½ tsp of celery salt
- 28 oz can of crushed tomatoes
- 15 oz can of diced tomatoes
- 3 cups or more of organic beef broth
- Garnishes*

Instructions:

Preheat your oven to 400 degrees.

Place the poblano pepper strips on a lightly oiled cookie sheet. Roast in your oven at 400 degrees for about 15 minutes or until they just barely start to char along the edges. They will sort of curl on the sides. They don't all have to curl. Just a few. Then take them out and set them aside.

While they are roasting you can make the rest of your dish.

In a medium soup pot add a whisper of olive oil spray and then add your ground sirloin. Begin sautéing on medium and break it up with a spatula or wooden spoon. Cook until about half done. Add the two types of onion. Cook a minute and then add garlic, chili powder, cumin, celery salt. Stir. Make sure the beef is cooked all the way through and then add the tomatoes (both cans) and the beef broth.

How much beef broth you add in the end depends on how soupy you want your chili. In this version, I like it soupier and less tomato taste. You'll need the full three cups to achieve that.

Cook until the liquid reduces slightly and flavors meld. This takes about 10 minutes. Then add the poblanos, heat and you're ready to serve.

Garnishes:

You can garnish your chili with lots of options. For Z2, stick

to: diced onion, diced red pepper, minced cilantro, bits of green chilies (from a can is fine) or bits of tomato. Take it easy on hot sauce but you can add a bit if you want the chili hotter. This is not a SPICY chili. This is a flavor-filled chili. You can always add more heat but you can't get it back out very easily!

Enjoy!

Cheers,