
Warm Up with Chili

The first chill of autumn is in the air – it's time to warm up, with chili!

Chili brings back so many memories. Chili suppers in the school gymnasium to raise money for the PTA or marching band. Chili competitions, with entries ranging from mundane to exotic.

There's quite a debate over what, precisely, makes a concoction eligible to be considered "chili"! Sometimes it seems like every community has their own definition.



Me, I love them all – Cincinnati chili, with a hint of cinnamon and served over spaghetti. Real Texas chili, which never, ever contains tomato sauce or beans – just meat, spices, and chili peppers. Vegetarian chili, where beans are the feature. New Mexico green chili, with chunky (not ground!) pork and tomatillos.

It's really hard for me to pick my favourite chili, but a favourite at Tamarack potlucks is this white chili with chicken. It actually won a prize at a chili cook-off once, where, to give it an edge over its competitors in the judges' memories, I entered it under the memorable name "Bean John Malkovich."

Related Links:

- [Want more chili? Check out Norma's Chili Sauce in the Tamarack kitchen!](#)
- [Share your best chili recipe with us](#)

Bean John Malkovich (White Chili with Chicken)

Ingredients:

- 1 pound dry white beans
- 1 ½ pounds boneless, skinless chicken breasts
- 1 cup chicken broth
- 1 large onion
- 4 cloves garlic (or to taste)
- 1 ½ tsp. cumin
- Salt & pepper to taste
- 2 cans diced green chilis
- 2 cups shredded Monterey Jack cheese
- Additional shredded cheese, chopped onion, chopped jalapenos – for topping

Directions:

1. Soak the beans overnight. Drain and rinse the beans, then place them in a large stockpot with water to cover. Bring to a boil, then reduce to a simmer and cook for 1 – 1 ½ hours, until tender.
2. While the beans are cooking, boil the chicken breasts in the broth. When they are no longer pink in the middle, shred them using two forks.
3. Sautee the onions and garlic in a little oil or butter until soft.
4. Add the chicken along with its broth, onions & garlic, cumin, salt, pepper, green chilis, and Monterey Jack cheese to the pot containing the beans. Simmer until the cheese has melted and integrated well into the chili.
5. Serve topped with additional shredded cheese, chopped onion, and/or chopped jalapenos.

By: Susan Eckerle Curwood

