

# Mom's Chili Recipe

(Rosemary Meyer's recipe with Nancy's flair for spices.)

## Ingredients

1# Hamburger (grass-fed)	2/14.5 oz.	Diced Tomatoes (I like Muir Glen, organic, no salt, with basil and garlic)
2 Potatoes (peel and cube)	cans	
2 Large Onions (peel and cube)	8 oz. can	Tomato Paste
	2/14.5 oz.	Kidney Beans
4 Stalks Celery (wash and cut up)	1/14.5 oz.	Pinto Beans
2 Carrots (peel and cube)	can	
1 Green Pepper (wash and cut up)	Handful	Fresh Basil (wash and chop)
2 Garlic Cloves (peel and slice)	Handful	Fresh Cilantro (wash and chop)
1 tsp. Chili Powder (to taste)	Handful	Fresh Parsley (wash and chop)
1 tsp. Cayenne Pepper (to taste)		

## Directions

1. In a soup kettle/pot, brown the hamburger and drain off the fat.
2. After veggies are peeled and cut up, or cubed, place them in the soup pot with the hamburger. Simmer until done (about 10 minutes).
3. Turn up the heat with the vegetables and hamburger. Add cans of tomatoes, paste, kidney beans, pinto beans. Add a couple of cans of water until the pot is almost full.
4. Turn down heat to simmer once pot ingredients are boiling.
5. Add the remaining ingredients: garlic, chili powder, cayenne pepper, basil, cilantro, parsley.

## Butter Dips

(This recipe is adapted from the 1999 Betty Crocker Cookbook.)

## Ingredients

1/2 stick	Unsalted Butter	1/2 cup	Parmesan Cheese
1 cup	Coconut Drink	3 1/2 tsp.	Baking Powder
2 1/4 c.	Whole Wheat Flour	1 T.	Basil
1 T.	Sugar	1 tsp.	Garlic Salt
1 tsp.	Salt		Spices of your choice

## Directions

1. Heat oven to 450 degrees.
2. Mix together dry ingredients: flour, sugar, salt, powder, basil, garlic salt, and other spices.
3. Add coconut drink and parmesan cheese and stir together.
4. Place mixture on a well-floured board. Knead about 10 times. Rollout batter into 1/2" thick slab (a 12 x 8" rectangle). With a floured knife or pizza cutter, cut dough in half lengthwise then crosswise into 16 strips.
5. In a 13 x 9" pan, or bigger, melt butter. Observe.
6. Take the pan with melted butter out of the oven.
7. Carefully dip each strip in butter on both sides. Lay strips close to each other on the pan.
8. Bake 15 to 20 minutes. They will be golden brown.