

Episode 40:

Craving a Quick and Easy Chili Recipe? Our best tricks to achieving chili nirvana



1

00:00:00,000 --> 00:00:03,120

Welcome back, Food FAQ-ers! I'm Mariela.

2

00:00:03,120 --> 00:00:04,560

And I'm Eric.

3

00:00:04,560 --> 00:00:11,700

And today we're continuing our fall conversation with kind of the most epic stew / soup?

4

00:00:11,700 --> 00:00:12,800

What is this?

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00:00:12,800 --> 00:00:14,340

I think it's a stew.

6

00:00:14,340 --> 00:00:15,540

It's a stew, right?

7

00:00:15,540 --> 00:00:17,100

I want to say it's a stew.

8

00:00:17,100 --> 00:00:19,300

It's too thick to be a soup.

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00:00:19,300 --> 00:00:21,340

So I want to say it's a stew.

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00:00:21,340 --> 00:00:25,540

And it is chili jazz hands.

11

00:00:25,540 --> 00:00:27,180

I love chili.

12

00:00:27,180 --> 00:00:28,500

Oh my gosh, me too.

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00:00:28,500 --> 00:00:30,760

My kids hate chili, so I never get to make it.

14

00:00:30,760 --> 00:00:32,360

I only make it when I'm like, fuck you.

15

00:00:32,360 --> 00:00:33,760

I'm gonna eat whatever I want.

16

00:00:33,760 --> 00:00:35,400

Ryan hates chili also.

17

00:00:35,400 --> 00:00:36,600

Why?

18

00:00:36,600 --> 00:00:39,200

Because he says the beans look like bugs.

19

00:00:39,200 --> 00:00:41,800

Oh my god.

20

00:00:41,800 --> 00:00:42,600

I don't get it.

21

00:00:42,600 --> 00:00:43,600

I don't, they're wrong.

22

00:00:43,600 --> 00:00:45,400

That's number one.

23

00:00:45,400 --> 00:00:46,760

They're, it is wrong.

24

00:00:46,760 --> 00:00:51,240

One time I did make black beans and I had him try like at least a sauce.

25

00:00:51,240 --> 00:00:53,940

He said the sauce looked good, but he refused to eat the beam.

26

00:00:53,940 --> 00:00:56,140

But the bug beans were not delicious.

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00:00:56,140 --> 00:01:00,940

He's giving me a face right now.

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00:01:00,940 --> 00:01:02,740

I swear to God, I'm sure he's dying.

29

00:01:02,740 --> 00:01:06,540

I just told him to go fuck myself.

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00:01:06,540 --> 00:01:10,780

So, so yeah, he's gross, but he's wrong.

31

00:01:10,780 --> 00:01:11,780

He is wrong.

32

00:01:11,780 --> 00:01:15,540

And also this is like such an easy thing to make that it kind of pisses me off that I can't

33

00:01:15,540 --> 00:01:17,340

make it on like on repeat.

34

00:01:17,340 --> 00:01:18,340

What do you mean?

35

00:01:18,340 --> 00:01:20,420

Like I can't make it all the time.

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00:01:20,420 --> 00:01:23,700

No, I can't because if they don't eat it, you know, it's like every so often I can be

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00:01:23,700 --> 00:01:24,700

like, whatever.

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00:01:24,700 --> 00:01:25,700

I'll make it.

39

00:01:25,700 --> 00:01:29,420

Listen, I'm not, I'm not here for freezing chili.

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00:01:29,420 --> 00:01:31,220

I don't know why, but I just not.

41

00:01:31,220 --> 00:01:33,660

I feel like it needs to be fresh.

42

00:01:33,660 --> 00:01:34,900

Chili's like pasta sauce, Motti.

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00:01:34,900 --> 00:01:36,460

It gets better the next day.

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00:01:36,460 --> 00:01:38,500

Yeah, but like not like next month.

45

00:01:38,500 --> 00:01:39,500

I don't know, whatever.

46

00:01:39,500 --> 00:01:40,700

I have my own hang ups.

47

00:01:40,700 --> 00:01:42,900

Okay, no one's, no one's perfect.

48

00:01:42,900 --> 00:01:46,100

Well, I'm pretty close.

49

00:01:46,100 --> 00:01:53,260

So if you, you want to know a perfection, do you remember when my mom had this big pink shirt

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00:01:53,260 --> 00:01:56,660

that she would wear when she would garden and this is perfection looks like this?

51

00:01:56,660 --> 00:01:59,380

No, but I can see it.

52

00:01:59,380 --> 00:02:01,580

I can imagine it in my eye.

53

00:02:01,580 --> 00:02:04,500

She totally has that shirt for years.

54

00:02:04,500 --> 00:02:11,300

Well, anyway, so okay, I think maybe you can go into our basic chili recipe and then we'll

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00:02:11,300 --> 00:02:13,620

talk about variations in different ways to make it.

56

00:02:13,620 --> 00:02:14,620

What do you think?

57

00:02:14,620 --> 00:02:15,940

Yeah, I think that's really good.

58

00:02:15,940 --> 00:02:16,940

All right, tell me.

59

00:02:16,940 --> 00:02:19,220

What's in a basic chili and how do you make it?

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00:02:19,220 --> 00:02:20,220

All right.

61

00:02:20,220 --> 00:02:24,660

So this is a chili if we, so I think the thing is a chili, too, you don't have a couple hours

62

00:02:24,660 --> 00:02:25,660

to do this.

63

00:02:25,660 --> 00:02:29,060

Not always, not always that we're going to get to that.

64

00:02:29,060 --> 00:02:30,060

But you got it.

65

00:02:30,060 --> 00:02:31,060

But let's talk about this one.

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00:02:31,060 --> 00:02:32,580

Just have a couple hours to do.

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00:02:32,580 --> 00:02:36,460

So in a big pot, so when I do love that chili, it is like a one pot deal.

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00:02:36,460 --> 00:02:37,460

Yes.

69

00:02:37,460 --> 00:02:38,460

And that's why I love about it.

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00:02:38,460 --> 00:02:40,260

You're just dirty one pot.

71

00:02:40,260 --> 00:02:43,180

So what I like to do with chili is you're going to go ahead.

72

00:02:43,180 --> 00:02:44,900

You're going to dice up some onions.

73

00:02:44,900 --> 00:02:48,820

You're going to dice up some chopped up some garlic and you're going to throw in a big

74

00:02:48,820 --> 00:02:55,340

pot with some olive oil and you're going to get that nice and delicious in there.

75

00:02:55,340 --> 00:03:00,180

I sometimes start adding my seasonings at this point, but you throw your ground beef in

76

00:03:00,180 --> 00:03:01,180

there.

77

00:03:01,180 --> 00:03:02,180

Mm-hmm.

78

00:03:02,180 --> 00:03:03,180

And I do agree with you.

79

00:03:03,180 --> 00:03:05,580

I like to use a leaner ground beef.

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00:03:05,580 --> 00:03:06,580

Yeah, for sure.

81

00:03:06,580 --> 00:03:10,580

Just because I don't want so much oil in it, but I do like a leaner ground beef.

82

00:03:10,580 --> 00:03:11,580

Okay.

83

00:03:11,580 --> 00:03:12,580

So you're going to go ahead.

84

00:03:12,580 --> 00:03:13,580

You're going to saute that ground beef.

85

00:03:13,580 --> 00:03:15,340

Get it kind of nice and brown.

86

00:03:15,340 --> 00:03:17,540

And that's when I start throwing in some spices in there.

87

00:03:17,540 --> 00:03:22,140

And a little bit of salt, I do black pepper, cumin.

88

00:03:22,140 --> 00:03:23,140

You ready?

89

00:03:23,140 --> 00:03:24,140

I put fresh garlic in there.

90

00:03:24,140 --> 00:03:26,500

Of course, you use garlic powder.

91

00:03:26,500 --> 00:03:28,860

And I do love a little bit of cayenne pepper in there as well.

92

00:03:28,860 --> 00:03:32,340

I like my chili to be like a little spicy.

93

00:03:32,340 --> 00:03:33,660

I don't.

94

00:03:33,660 --> 00:03:34,660

You don't?

95

00:03:34,660 --> 00:03:36,100

I like it a little spicy.

96

00:03:36,100 --> 00:03:37,180

So you go ahead.

97

00:03:37,180 --> 00:03:39,900

So use however much pepper you want at this point.

98

00:03:39,900 --> 00:03:41,660

So go ahead and put it in there.

99

00:03:41,660 --> 00:03:47,060

And then I do also put some beef broth in there, but I'm going to have some beef broth

100

00:03:47,060 --> 00:03:53,180

but when a can of diced tomatoes, I also just go to the juice in there as well.

101

00:03:53,180 --> 00:03:56,180

You can go ahead and put a little bit of tomato paste in there.

102

00:03:56,180 --> 00:03:58,740

If you want to put a little bit of tomato sauce in there, like one can of tomato sauce in

103

00:03:58,740 --> 00:03:59,740

there.

104

00:03:59,740 --> 00:04:04,780

And then go ahead and use your bean of choice, mostly kidney beans.

105

00:04:04,780 --> 00:04:08,620

The only thing about the beans though is of course, uh, rinse them.

106

00:04:08,620 --> 00:04:10,720

Rinse them, shake them out and put in there.

107

00:04:10,720 --> 00:04:16,260

I just rinse them because I don't always like the flavor that it has when it comes

108

00:04:16,260 --> 00:04:17,420

on the can.

109

00:04:17,420 --> 00:04:22,220

So you rinse it out also beans tend to have a lot of salt in them in that and what they

110

00:04:22,220 --> 00:04:23,580

pack it in.

111

00:04:23,580 --> 00:04:25,900

And just for me, I have to be careful with my salt intake.

112

00:04:25,900 --> 00:04:29,220

So I do go ahead and I rinse that out also.

113

00:04:29,220 --> 00:04:34,540

And then you let it stew and just let it go ahead and simmer just on a low simmer.

114

00:04:34,540 --> 00:04:38,020

I would say honestly let it simmer, honestly, the longer you let it simmer, the better.

115

00:04:38,020 --> 00:04:40,820

I would say let it simmer for two, three hours.

116

00:04:40,820 --> 00:04:42,220

You can go for four or five.

117

00:04:42,220 --> 00:04:43,220

Just keep an eye on it.

118

00:04:43,220 --> 00:04:45,700

You may have to add a little bit more broth at some point.

119

00:04:45,700 --> 00:04:48,660

But just go ahead and let it simmer and that's it, money.

120

00:04:48,660 --> 00:04:50,660

It's a one pot meal.

121

00:04:50,660 --> 00:04:55,260

That is perfect for fall because we'll get cool in a couple weeks.

122

00:04:55,260 --> 00:04:58,620

It's hot as hell, but it will get cool weeks.

123

00:04:58,620 --> 00:05:03,380

It will and in preparation for that, this is an amazing thing to make.

124

00:05:03,380 --> 00:05:05,380

But I'd like to add, right?

125

00:05:05,380 --> 00:05:09,900

For, I know we kind of are fast and loose for the recipes, but I feel like the most important

126

00:05:09,900 --> 00:05:13,420

things that you can put in here are the cumin is a star.

127

00:05:13,420 --> 00:05:20,300

I think at least two tablespoons of cumin for a pound of beef is ideal because that is,

128

00:05:20,300 --> 00:05:22,660

I love cumin because it's kind of lemony, right?

129

00:05:22,660 --> 00:05:24,660

I don't know.

130

00:05:24,660 --> 00:05:28,860

And smoky and smoked paprika might be good in here too if you're feeling adventurous.

131

00:05:28,860 --> 00:05:30,740

Very yellow, you're smoked paprika.

132

00:05:30,740 --> 00:05:32,580

Yes, this year I'm going to make them.

133

00:05:32,580 --> 00:05:34,260

I'm going to add that in there.

134

00:05:34,260 --> 00:05:36,180

Maybe like half a teaspoon.

135

00:05:36,180 --> 00:05:38,300

Go for a full, live on the edge, money.

136

00:05:38,300 --> 00:05:39,300

Oh, Jesus.

137

00:05:39,300 --> 00:05:40,300

I know.

138

00:05:40,300 --> 00:05:41,300

Holy.

139

00:05:41,300 --> 00:05:42,300

Holy Hannah.

140

00:05:42,300 --> 00:05:44,660

So I'm on the edge with this Mary, yellow.

141

00:05:44,660 --> 00:05:45,660

Yes.

142

00:05:45,660 --> 00:05:50,660

And then I always add garlic powder along with the fresh garlic, onion powder along with the

143

00:05:50,660 --> 00:05:51,660

fresh onion.

144

00:05:51,660 --> 00:05:55,980

I like a whole onion to my chili and like five or six cloves of garlic or whatever my heart

145

00:05:55,980 --> 00:05:57,740

tells me, but I put a lot on there.

146

00:05:57,740 --> 00:05:58,740

I'm your name.

147

00:05:58,740 --> 00:05:59,740

What kind of onion?

148

00:05:59,740 --> 00:06:00,740

White.

149

00:06:00,740 --> 00:06:01,740

White.

150

00:06:01,740 --> 00:06:02,740

There's no other reason.

151

00:06:02,740 --> 00:06:03,740

Purple.

152

00:06:03,740 --> 00:06:04,740

Why?

153

00:06:04,740 --> 00:06:05,740

Yeah, I love purple onions.

154

00:06:05,740 --> 00:06:06,740

Okay.

155

00:06:06,740 --> 00:06:07,740

Yeah, it's up to you.

156

00:06:07,740 --> 00:06:08,740

I love it.

157

00:06:08,740 --> 00:06:09,740

Unnecessary.

158

00:06:09,740 --> 00:06:10,740

Oh.

159

00:06:10,740 --> 00:06:13,660

But everyone has their thing.

160

00:06:13,660 --> 00:06:14,700

I'm not here to judge.

161

00:06:14,700 --> 00:06:19,740

And sometimes if I don't have beef broth, you know, I'll put bouillon with the water, boom,

162

00:06:19,740 --> 00:06:21,060

same situation.

163

00:06:21,060 --> 00:06:22,060

It works.

164

00:06:22,060 --> 00:06:28,020

And I don't like to use just one kind of bean in my chili because for me, the star are

165

00:06:28,020 --> 00:06:29,020

the beans, right?

166

00:06:29,020 --> 00:06:30,020

Me too.

167

00:06:30,020 --> 00:06:32,260

I like chili beans.

168

00:06:32,260 --> 00:06:34,300

I like kidney beans.

169

00:06:34,300 --> 00:06:39,260

I like sometimes black beans, pinto beans would be delicious.

170

00:06:39,260 --> 00:06:42,340

I like the big red ones better than like the little ones.

171

00:06:42,340 --> 00:06:43,340

Kid beans.

172

00:06:43,340 --> 00:06:44,340

Yeah, I said that.

173

00:06:44,340 --> 00:06:45,340

Are you listening?

174

00:06:45,340 --> 00:06:46,340

You did not say kidney.

175

00:06:46,340 --> 00:06:48,140

Yes, I did.

176

00:06:48,140 --> 00:06:52,580

Go back and listen to this and the global society will know you.

177

00:06:52,580 --> 00:06:53,580

Oh, my God.

178

00:06:53,580 --> 00:06:55,580

You're not saying, Ryan thinks you did.

179

00:06:55,580 --> 00:06:56,580

I don't think you did.

180

00:06:56,580 --> 00:06:57,580

Of course he's right.

181

00:06:57,580 --> 00:06:58,580

Ryan's always right.

182

00:06:58,580 --> 00:06:59,580

So then, yeah.

183

00:06:59,580 --> 00:07:00,580

That's a lie.

184

00:07:00,580 --> 00:07:01,580

So.

185

00:07:01,580 --> 00:07:02,580

But yeah.

186

00:07:02,580 --> 00:07:06,660

And then you know, I hardly ever put like tomato sauce.

187

00:07:06,660 --> 00:07:07,660

I never put sauce.

188

00:07:07,660 --> 00:07:14,540

I usually put paste or if I don't do that even just like the one can of of diced tomatoes,

189

00:07:14,540 --> 00:07:15,540

does just fine.

190

00:07:15,540 --> 00:07:16,540

Absolutely.

191

00:07:16,540 --> 00:07:21,300

And I think also it has to do with if you like a more liquid chili or a thick chili,

192

00:07:21,300 --> 00:07:22,300

I prefer a thick one.

193

00:07:22,300 --> 00:07:23,820

I like a big thick one too.

194

00:07:23,820 --> 00:07:25,540

I like my meat nice and thick.

195

00:07:25,540 --> 00:07:26,940

It's delicious.

196

00:07:26,940 --> 00:07:29,660

Where are you happy?

197

00:07:29,660 --> 00:07:31,540

This is a family show, Mary Ella.

198

00:07:31,540 --> 00:07:33,220

So it's not airy.

199

00:07:33,220 --> 00:07:37,100

It's not politics.

200

00:07:37,100 --> 00:07:42,180

People are sitting around their tablars, bones and listening to all of this as a family.

201

00:07:42,180 --> 00:07:43,180

So I know your kids.

202

00:07:43,180 --> 00:07:44,180

I will be.

203

00:07:44,180 --> 00:07:45,180

I will be.

204

00:07:45,180 --> 00:07:49,940

I will be the one to keep this show some dignity.

205

00:07:49,940 --> 00:07:50,940

That's right.

206

00:07:50,940 --> 00:07:56,780

There's a dick joke in at least every three episodes, but okay, what's your thick meat?

207

00:07:56,780 --> 00:07:57,780

How dare you?

208

00:07:57,780 --> 00:08:02,940

Anyway, so yeah, this is like a basic beer bones recipe for chili and you're talking

209

00:08:02,940 --> 00:08:06,380

about simmering for three hours, which might turn some people off and might turn some people

210

00:08:06,380 --> 00:08:07,380

on.

211

00:08:07,380 --> 00:08:08,580

Maybe you want a weekend project.

212

00:08:08,580 --> 00:08:09,980

This is definitely good.

213

00:08:09,980 --> 00:08:13,540

But you can also make this during the week if you are so inclined.

214

00:08:13,540 --> 00:08:14,540

You can.

215

00:08:14,540 --> 00:08:15,540

Right.

216

00:08:15,540 --> 00:08:16,540

I've done that before many times.

217

00:08:16,540 --> 00:08:22,220

I'll be honest, I've done that more so than the sintering for hours because chili to

218

00:08:22,220 --> 00:08:26,700

me is not a, it absolutely can be a nice weekend meal.

219

00:08:26,700 --> 00:08:31,220

But I don't like my week meals to be a little more elaborate, but you agree.

220

00:08:31,220 --> 00:08:35,500

And then we're not in Texas where like they cut up the meat and all that jazz and I get

221

00:08:35,500 --> 00:08:37,500

to real like we're not a dog.

222

00:08:37,500 --> 00:08:39,500

Traditional chili does not have beans in it.

223

00:08:39,500 --> 00:08:44,260

Yeah, I know, but they're wrong too, you know, they're super wrong.

224

00:08:44,260 --> 00:08:46,780

For me, I can like almost forego the meat.

225

00:08:46,780 --> 00:08:48,620

I like the beans.

226

00:08:48,620 --> 00:08:49,620

I like both, right?

227

00:08:49,620 --> 00:08:51,660

But for me, the beans are a word that.

228

00:08:51,660 --> 00:08:54,900

Marially you've never foregoed meat in your entire life.

229

00:08:54,900 --> 00:08:56,500

There's your dick joke for you.

230

00:08:56,500 --> 00:08:58,940

Never met a stick of meat you don't love.

231

00:08:58,940 --> 00:09:01,860

Hey, that's not true.

232

00:09:01,860 --> 00:09:03,860

Okay.

233

00:09:03,860 --> 00:09:07,540

Many sticks would be better.

234

00:09:07,540 --> 00:09:08,540

But not too many.

235

00:09:08,540 --> 00:09:12,260

I know, I know many, but okay.

236

00:09:12,260 --> 00:09:13,340

I've definitely a stick of meat.

237

00:09:13,340 --> 00:09:14,740

I did not appreciate.

238

00:09:14,740 --> 00:09:20,260

So anyway, so yes, so okay, these are the things that I like to put in if I want to make

239

00:09:20,260 --> 00:09:23,220

a fancy shmancy in a very low period of time.

240

00:09:23,220 --> 00:09:28,100

I've made it in a pot quickly like in 45 minutes and what I do is I'll add a little bit of

241

00:09:28,100 --> 00:09:30,820

coffee like morning, brood coffee or whatever.

242

00:09:30,820 --> 00:09:32,420

If you know like actual brood.

243

00:09:32,420 --> 00:09:33,420

Yes.

244

00:09:33,420 --> 00:09:36,980

I know I'm making chili, like I'll just save a little bit of the coffee from the morning and

245

00:09:36,980 --> 00:09:41,340

I'll put it in the chili later on during the day or you can brew fresh and not a lot,

246

00:09:41,340 --> 00:09:44,860

you know, maybe like I don't know a quarter cup something just a little judge.

247

00:09:44,860 --> 00:09:48,940

It adds like a depth of flavor kind of like when you add coffee to chocolate cake, you

248

00:09:48,940 --> 00:09:51,860

can't taste the coffee, but it adds depth.

249

00:09:51,860 --> 00:09:52,860

I'll do that.

250

00:09:52,860 --> 00:09:53,860

I'll add brown sugar.

251

00:09:53,860 --> 00:09:55,540

Sometimes my kids will tolerate this.

252

00:09:55,540 --> 00:10:00,380

If I make it a little bit of hint of sweetness in the background, so I add like a tablespoon

253

00:10:00,380 --> 00:10:03,900

or two of sugar depending on how I'm feeling.

254

00:10:03,900 --> 00:10:07,420

Also beer, I've used about like a cup of beer in it.

255

00:10:07,420 --> 00:10:08,420

Also delicious.

256

00:10:08,420 --> 00:10:10,500

I think it adds a good amount of flavor.

257

00:10:10,500 --> 00:10:14,420

I would add these things when you're adding all the things into the pot and then let it

258

00:10:14,420 --> 00:10:15,500

cook down.

259

00:10:15,500 --> 00:10:16,500

Right.

260

00:10:16,500 --> 00:10:19,580

This adds like an all day cooked flavor.

261

00:10:19,580 --> 00:10:20,580

It's a cheat code.

262

00:10:20,580 --> 00:10:21,580

I like that cheat code.

263

00:10:21,580 --> 00:10:22,580

I never thought about the beer.

264

00:10:22,580 --> 00:10:24,820

The beer doesn't throw it off too much.

265

00:10:24,820 --> 00:10:26,740

No, I like it.

266

00:10:26,740 --> 00:10:27,740

But every day is different.

267

00:10:27,740 --> 00:10:30,180

So some days you may not want that kind of acidic background.

268

00:10:30,180 --> 00:10:31,180

Sometimes you may.

269

00:10:31,180 --> 00:10:32,180

Depends.

270

00:10:32,180 --> 00:10:33,180

Right.

271

00:10:33,180 --> 00:10:35,900

What I do the most though is the brown sugar and the coffee for sure.

272

00:10:35,900 --> 00:10:36,900

I do that the most.

273

00:10:36,900 --> 00:10:37,900

It's interesting.

274

00:10:37,900 --> 00:10:38,900

I want to try that.

275

00:10:38,900 --> 00:10:39,900

It's yummy.

276

00:10:39,900 --> 00:10:40,900

Do you do anything funny?

277

00:10:40,900 --> 00:10:41,900

Oh, you used the thingies, right?

278

00:10:41,900 --> 00:10:42,900

The starters.

279

00:10:42,900 --> 00:10:44,500

So I use chili starters.

280

00:10:44,500 --> 00:10:49,980

If I want to make it quick and again, we just I just talked about two seconds ago about

281

00:10:49,980 --> 00:10:51,660

being careful with sodium.

282

00:10:51,660 --> 00:10:52,860

So this is not a sodium.

283

00:10:52,860 --> 00:10:54,660

So take your blood pressure pill.

284

00:10:54,660 --> 00:10:59,340

This is not a sodium friendly version, but basically it's just kind of the same steps.

285

00:10:59,340 --> 00:11:04,420

I just throw the garlic and the onions in there and the olive oil and the same thing with

286

00:11:04,420 --> 00:11:05,900

the beef, the food in there.

287

00:11:05,900 --> 00:11:09,660

I do sometimes use ground chicken.

288

00:11:09,660 --> 00:11:12,740

If I want to make it just a little bit healthier, I like ground chicken above ground turkey,

289

00:11:12,740 --> 00:11:13,740

by the way.

290

00:11:13,740 --> 00:11:14,740

Agreed.

291

00:11:14,740 --> 00:11:15,740

Yeah.

292

00:11:15,740 --> 00:11:16,740

I think it's just better tasting.

293

00:11:16,740 --> 00:11:20,060

And so you can get these chili starters.

294

00:11:20,060 --> 00:11:24,260

It's basically just like pinto beans and already a chili sauce.

295

00:11:24,260 --> 00:11:28,180

And so you can find them in your canned bean section, get chili starters, throw a can or

296

00:11:28,180 --> 00:11:29,180

two in there.

297

00:11:29,180 --> 00:11:31,100

Go ahead, put your tomatoes in there.

298

00:11:31,100 --> 00:11:33,140

Basically same thing.

299

00:11:33,140 --> 00:11:34,380

And you throw it all in there.

300

00:11:34,380 --> 00:11:37,900

The key is though, it's just like when you use a jar of pasta sauce, you do got to doctor

301

00:11:37,900 --> 00:11:38,900

it up.

302

00:11:38,900 --> 00:11:40,380

Don't trust the taste out of the can.

303

00:11:40,380 --> 00:11:44,620

It's not going to, it's, it's, it's things out of the can are meant to be kind of bland

304

00:11:44,620 --> 00:11:45,620

on purpose.

305

00:11:45,620 --> 00:11:48,420

So we're going to fit everybody's palate.

306

00:11:48,420 --> 00:11:49,420

Right.

307

00:11:49,420 --> 00:11:52,980

And honestly, if you do that with a chili starter, you can let it simmer for like 20

308

00:11:52,980 --> 00:11:53,980

minutes.

309

00:11:53,980 --> 00:11:56,140

And it's a quick, quick meal.

310

00:11:56,140 --> 00:12:00,100

So you're literally throwing every single thing into one big pot.

311

00:12:00,100 --> 00:12:01,100

And that's it.

312

00:12:01,100 --> 00:12:03,140

Let it go for like 20 minutes, 30 minutes if you want.

313

00:12:03,140 --> 00:12:06,140

You could let it go for a couple hours, but this is meant to be quick.

314

00:12:06,140 --> 00:12:07,220

And that's what I do.

315

00:12:07,220 --> 00:12:09,700

And that's, that's what I do like a weeknight chili.

316

00:12:09,700 --> 00:12:10,700

Yeah.

317

00:12:10,700 --> 00:12:12,500

I make it really quick.

318

00:12:12,500 --> 00:12:17,740

Another thing I do, Instapot, which I used to, when I first got it, I would make everything

319

00:12:17,740 --> 00:12:20,300

in there like a salty and cracker, Instapot, that shit.

320

00:12:20,300 --> 00:12:23,260

Like I was like addicted to the Instapot.

321

00:12:23,260 --> 00:12:25,780

No, I let me tell you, I have an Instapot.

322

00:12:25,780 --> 00:12:27,580

I got it as a gift.

323

00:12:27,580 --> 00:12:28,780

Ryan sister gave it to me as a gift.

324

00:12:28,780 --> 00:12:29,780

I love it.

325

00:12:29,780 --> 00:12:33,940

I've used it a couple times, but I really want to start using it more.

326

00:12:33,940 --> 00:12:37,820

And I think the thing with the Instapot, it's a little, how do I say it?

327

00:12:37,820 --> 00:12:42,980

Not, it's a little intimidating because you kind of have to learn what to do with this.

328

00:12:42,980 --> 00:12:43,980

Not a pressure cooker.

329

00:12:43,980 --> 00:12:45,780

It's not a slow cooker.

330

00:12:45,780 --> 00:12:47,780

It's a pressure cooker.

331

00:12:47,780 --> 00:12:52,420

It's just like a white washed pressure cooker that like my mom and your grandma used

332

00:12:52,420 --> 00:12:55,100

to use, except the electric.

333

00:12:55,100 --> 00:12:56,100

Don't be scared.

334

00:12:56,100 --> 00:12:57,580

Mom still uses a problem.

335

00:12:57,580 --> 00:12:58,580

Yeah, my mom does too.

336

00:12:58,580 --> 00:12:59,860

She has the old fashioned one.

337

00:12:59,860 --> 00:13:03,660

Yeah, mine too, like from the 70s, like a little flowers on it and...

338

00:13:03,660 --> 00:13:05,340

Well, that's the pressure cooker.

339

00:13:05,340 --> 00:13:06,980

I'm talking about the slow cooker.

340

00:13:06,980 --> 00:13:07,980

Yeah, I'm sorry.

341

00:13:07,980 --> 00:13:10,860

Do you remember back in the day, like I know like when my grandmother and my mother used

342

00:13:10,860 --> 00:13:12,740

an pressure cooker, they wouldn't let us in the kitchen.

343

00:13:12,740 --> 00:13:14,340

Yeah, they're like, you better stay away.

344

00:13:14,340 --> 00:13:15,340

You gotta stay away.

345

00:13:15,340 --> 00:13:17,340

You know, it's like, you think of blow.

346

00:13:17,340 --> 00:13:22,380

Like in like 1952, like they might explode, but I mean, this was the 90s.

347

00:13:22,380 --> 00:13:26,020

But I remember when I was here, they're pss, pss, pss, pss, pss, you're not allowed in the

348

00:13:26,020 --> 00:13:27,020

kitchen.

349

00:13:27,020 --> 00:13:28,660

Yeah, wait, and I still do it with my kids.

350

00:13:28,660 --> 00:13:32,380

I'm like, I'm gonna open it and you have to go to the fair.

351

00:13:32,380 --> 00:13:33,700

Ha ha ha ha ha ha.

352

00:13:33,700 --> 00:13:34,700

Hide in your room.

353

00:13:34,700 --> 00:13:35,700

So scared.

354

00:13:35,700 --> 00:13:36,700

Yeah.

355

00:13:36,700 --> 00:13:43,700

So what I'll do is on the saute, I'll do all the stuff you described to bring color and

356

00:13:43,700 --> 00:13:44,700

richness to the dish, right?

357

00:13:44,700 --> 00:13:46,700

To saute all the things.

358

00:13:46,700 --> 00:13:50,740

And then I'll just add all the liquid, all the stuff, and then I'll close it and I will

359

00:13:50,740 --> 00:13:52,420

maybe 30 minutes.

360

00:13:52,420 --> 00:13:59,340

I love it this way because it's fast and the beef gets so tender, so, so, so tender that

361

00:13:59,340 --> 00:14:02,340

you really can't replicate it unless you do it for hours on end.

362

00:14:02,340 --> 00:14:03,340

Right.

363

00:14:03,340 --> 00:14:06,980

But the slow, the pressure cooker really helps you mimic that flavor fast.

364

00:14:06,980 --> 00:14:07,980

Yeah, it does.

365

00:14:07,980 --> 00:14:08,980

I can see that.

366

00:14:08,980 --> 00:14:09,980

You should try this.

367

00:14:09,980 --> 00:14:11,180

I want to know what you think.

368

00:14:11,180 --> 00:14:15,980

Yeah, I'll, but when I make a chili next, when I make a chili together next time you're

369

00:14:15,980 --> 00:14:17,940

here, because Ryan won't eat it.

370

00:14:17,940 --> 00:14:18,940

Okay, yeah.

371

00:14:18,940 --> 00:14:22,620

I'll maybe make it next time you're here, we'll do it in the, in the insta pot.

372

00:14:22,620 --> 00:14:23,900

Like a big potato.

373

00:14:23,900 --> 00:14:25,140

Old lady dinners.

374

00:14:25,140 --> 00:14:26,140

Hi.

375

00:14:26,140 --> 00:14:28,580

You know, I just eat the chili plain.

376

00:14:28,580 --> 00:14:29,580

I don't put it on it.

377

00:14:29,580 --> 00:14:30,860

Oh, talking about this.

378

00:14:30,860 --> 00:14:32,300

This is another thing I really love.

379

00:14:32,300 --> 00:14:33,300

Okay.

380

00:14:33,300 --> 00:14:35,700

When I serve chili, I will dice up white onions.

381

00:14:35,700 --> 00:14:37,900

Ta-da, it's a tiny tiny, right?

382

00:14:37,900 --> 00:14:38,900

And they're like raw.

383

00:14:38,900 --> 00:14:46,780

I like to put a little mound in the middle and then shredded yellow cheese, sour cream,

384

00:14:46,780 --> 00:14:48,540

sometimes green onions.

385

00:14:48,540 --> 00:14:50,100

I love topping it with shit.

386

00:14:50,100 --> 00:14:54,500

And then I, ooh, and then I'll crunch up some tortilla chips on top.

387

00:14:54,500 --> 00:14:55,900

I love chili toppers.

388

00:14:55,900 --> 00:14:58,140

I don't like chili toppers.

389

00:14:58,140 --> 00:14:59,140

You're wrong.

390

00:14:59,140 --> 00:15:00,740

I just like the onion and that's it.

391

00:15:00,740 --> 00:15:01,740

So good.

392

00:15:01,740 --> 00:15:02,740

The onions, my favorite.

393

00:15:02,740 --> 00:15:04,780

If I had no, it was like a freshness to it, I think.

394

00:15:04,780 --> 00:15:05,780

Yes.

395

00:15:05,780 --> 00:15:08,860

And the sour cream for me too, it's like, oh, it makes it so delicious.

396

00:15:08,860 --> 00:15:09,860

It's like creamy.

397

00:15:09,860 --> 00:15:13,500

Not a big, no, I'm not a, I mean, you know what?

398

00:15:13,500 --> 00:15:18,520

It does go good on a big potato, but, so when I eat chili, like, it's not like

399

00:15:18,520 --> 00:15:22,320

you know, a healthier meal if you use ground chicken or ground turkey, it would be, but I

400

00:15:22,320 --> 00:15:23,320

don't know.

401

00:15:23,320 --> 00:15:27,360

That's like my moment to have like my one carb free meal of the month.

402

00:15:27,360 --> 00:15:28,880

It beans have carbs, so.

403

00:15:28,880 --> 00:15:29,880

Okay.

404

00:15:29,880 --> 00:15:30,880

But you know what?

405

00:15:30,880 --> 00:15:32,280

They come from the fucking ground.

406

00:15:32,280 --> 00:15:33,760

So I can't deal with this.

407

00:15:33,760 --> 00:15:35,560

Like carbs from the ground are different.

408

00:15:35,560 --> 00:15:36,560

Yeah, like that's better.

409

00:15:36,560 --> 00:15:37,560

Okay.

410

00:15:37,560 --> 00:15:41,720

It's like eating a plantain, like, you know, it's like, or you got like a comes on the ground.

411

00:15:41,720 --> 00:15:42,720

It's sort of potatoes.

412

00:15:42,720 --> 00:15:45,720

I guess I'm kind of, you know, your fucked on that one.

413

00:15:45,720 --> 00:15:51,280

You're going to stop over this little speech, but no, there's no way.

414

00:15:51,280 --> 00:15:52,280

Okay.

415

00:15:52,280 --> 00:15:53,280

You know what?

416

00:15:53,280 --> 00:15:54,280

Eat the fucking beans.

417

00:15:54,280 --> 00:15:55,280

Okay.

418

00:15:55,280 --> 00:15:56,280

It's totally fine.

419

00:15:56,280 --> 00:15:57,280

Yes.

420

00:15:57,280 --> 00:15:58,280

No.

421

00:15:58,280 --> 00:15:59,280

And beans are really good for you.

422

00:15:59,280 --> 00:16:00,280

They have fiber, which people forget that they need.

423

00:16:00,280 --> 00:16:02,040

I don't know what people think you just eat a fucking side of beef and you're healthy.

424

00:16:02,040 --> 00:16:03,040

It doesn't.

425

00:16:03,040 --> 00:16:04,040

I mean, when people are like, oh, what are the macros?

426

00:16:04,040 --> 00:16:05,040

I don't fucking know.

427

00:16:05,040 --> 00:16:06,560

You know, you know what a macro is.

428

00:16:06,560 --> 00:16:08,080

I don't even know what the macro is.

429

00:16:08,080 --> 00:16:09,080

No one knows what a macro is.

430

00:16:09,080 --> 00:16:10,080

Okay.

431

00:16:10,080 --> 00:16:11,080

What's the macro?

432

00:16:11,080 --> 00:16:14,000

No one, no one, no one, no one knows what it is.

433

00:16:14,000 --> 00:16:15,000

No one knows what it is.

434

00:16:15,000 --> 00:16:16,000

No one knows.

435

00:16:16,000 --> 00:16:17,000

No.

436

00:16:17,000 --> 00:16:19,480

So I'm sure some of them will be in the car.

437

00:16:19,480 --> 00:16:20,480

Anyway, I'm sorry.

438

00:16:20,480 --> 00:16:21,480

I'm stuck on this for a second.

439

00:16:21,480 --> 00:16:22,480

I'm off.

440

00:16:22,480 --> 00:16:23,480

I'm off my loop here.

441

00:16:23,480 --> 00:16:24,480

Listen, I'm okay with it.

442

00:16:24,480 --> 00:16:25,480

I like it when you were in.

443

00:16:25,480 --> 00:16:26,480

It's fine.

444

00:16:26,480 --> 00:16:28,120

You know, I try.

445

00:16:28,120 --> 00:16:29,280

But I love this meal.

446

00:16:29,280 --> 00:16:35,520

And can I tell you one of my favorite things to do when it gets cold outside and gets like,

447

00:16:35,520 --> 00:16:38,760

you know, fun and a terminal and stuff like that?

448

00:16:38,760 --> 00:16:44,400

I love to have my big pot of chili and I crack the windows open and it's kind of cold.

449

00:16:44,400 --> 00:16:46,400

And then I watch Hocus Pocus.

450

00:16:46,400 --> 00:16:47,400

I love that.

451

00:16:47,400 --> 00:16:52,680

I used to sit outside when I lived in a cold or climate, sit in the door.

452

00:16:52,680 --> 00:16:55,960

Like I would open the door, sit on a little stoop and then just drink coffee and stare

453

00:16:55,960 --> 00:16:56,960

outside.

454

00:16:56,960 --> 00:16:59,360

And people must have thought I was crazy.

455

00:16:59,360 --> 00:17:00,360

Yeah, I would.

456

00:17:00,360 --> 00:17:01,360

They'd be happy.

457

00:17:01,360 --> 00:17:02,360

They'd be happy.

458

00:17:02,360 --> 00:17:11,600

Anyway, this is like a super simple and maybe something you've made before, type of

459

00:17:11,600 --> 00:17:12,600

dish.

460

00:17:12,600 --> 00:17:19,160

But give these little tweaks a try and see if it kind of revamped it for you and brings

461

00:17:19,160 --> 00:17:21,040

it into this fall season.

462

00:17:21,040 --> 00:17:23,160

It makes it new for you again.

463

00:17:23,160 --> 00:17:24,160

Horn bread.

464

00:17:24,160 --> 00:17:25,160

I like it.

465

00:17:25,160 --> 00:17:26,160

Horn bread too.

466

00:17:26,160 --> 00:17:27,440

Horn bread is so flipping good.

467

00:17:27,440 --> 00:17:29,320

I make corn bread with anything barbecue.

468

00:17:29,320 --> 00:17:31,040

And my kids just like just equal.

469

00:17:31,040 --> 00:17:32,040

I love corn bread.

470

00:17:32,040 --> 00:17:33,040

Yeah.

471

00:17:33,040 --> 00:17:34,040

God, it's like the best bread.

472

00:17:34,040 --> 00:17:35,040

Well, I don't know.

473

00:17:35,040 --> 00:17:36,040

There's so many good breads, but that's the best one.

474

00:17:36,040 --> 00:17:37,040

But yeah, corn bread.

475

00:17:37,040 --> 00:17:38,040

Fucking delicious.

476

00:17:38,040 --> 00:17:39,040

Yeah.

477

00:17:39,040 --> 00:17:40,040

You know what?

478

00:17:40,040 --> 00:17:42,800

I want to call the kids into chili if I make corn bread with it.

479

00:17:42,800 --> 00:17:44,800

You're just giving me an idea.

480

00:17:44,800 --> 00:17:45,800

Hmm.

481

00:17:45,800 --> 00:17:46,800

Yeah.

482

00:17:46,800 --> 00:17:47,800

My mind is good.

483

00:17:47,800 --> 00:17:48,800

I go.

484

00:17:48,800 --> 00:17:49,800

You're welcome here.

485

00:17:49,800 --> 00:17:50,800

You're welcome.

486

00:17:50,800 --> 00:17:55,280

Anyway, is that all you have for chili today, Keater?

487

00:17:55,280 --> 00:17:56,280

That's all I got.

488

00:17:56,280 --> 00:17:57,280

That's a lot for chili.

489

00:17:57,280 --> 00:17:58,680

I really hope people make it.

490

00:17:58,680 --> 00:18:00,480

And that's whether it's cooler outside.

491

00:18:00,480 --> 00:18:01,920

Again, it's a one pot meal.

492

00:18:01,920 --> 00:18:03,320

And it feeds a lot of people.

493

00:18:03,320 --> 00:18:04,320

Yeah.

494

00:18:04,320 --> 00:18:05,320

That's true.

495

00:18:05,320 --> 00:18:07,680

And the cool thing is it's easy to double it, triple it, half it.

496

00:18:07,680 --> 00:18:12,040

It's really easy to move the measurements around.

497

00:18:12,040 --> 00:18:13,880

And it does get better the next day.

498

00:18:13,880 --> 00:18:17,240

So if you do have it for leftovers, there's so many things you could do with the leftovers.

499

00:18:17,240 --> 00:18:18,960

You can make chili cheese fries.

500

00:18:18,960 --> 00:18:20,680

You can make a chili potato.

501

00:18:20,680 --> 00:18:22,480

You can make dip some--

502

00:18:22,480 --> 00:18:24,000

Put it in a hot dog.

503

00:18:24,000 --> 00:18:25,320

Put it on a hot dog.

504

00:18:25,320 --> 00:18:27,640

There's a bunch of things you can do with it.

505

00:18:27,640 --> 00:18:28,640

So--

506

00:18:28,640 --> 00:18:32,600

I hope we've inspired you to give chili another crack or to try it for the first time,

507

00:18:32,600 --> 00:18:34,080

because we absolutely love it.

508

00:18:34,080 --> 00:18:37,640

And it's a pantry meal, which we are particularly fond of.

509


00:18:37,640 --> 00:18:41,640

Thank you so much for listening you guys and we'll catch you next time. Have a good day.

Let's unlock your kitchen confidence!

Mariela & Eric

Lets Connect!

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