

by MOLLY CRAIG

CHILI

QUICK / CHEAP / EASY



Canned ingredients, 15 minutes and one bowl is all you need to make hearty chili that will have mom wondering when you picked up cooking. You didn't. You just followed these idiot-proof recipes that are quick, cheap and easy; the perfect combination.

Just in time for game day.

Sir writer Molly Craig set out to find recipes cheap enough, hearty enough and simple enough for the average college man to master. Along the way she consulted ISU Food Science Lecturer Erica Beirman. Her last name is Beirman for god's sake, so you know her advice is going to be good.

Keep it simple, Beirman stressed. Don't go all greenhouse on your first try. Skip the fresh tomatoes and dry beans and use canned stuff instead, at least until you perfect your recipe. Try to get the tomato-beef-bean thing down first, then start to flex your newfound culinary muscles.

We love our chili full of spices just as much as the next guy, but don't go overboard. Too many flavors means one is bound to overpower the rest, or worse,

confuse the taste buds. Making a meat lover's chili by throwing in every kind of meat you find in your fridge may also sound like a good idea, but it often just muddles up the flavor.

Make yourself some chili, man. Throw any leftover chili in the fridge for up to three days or the freezer up to three months. Ask mom for good storing advice, or to borrow her Tupperware. The best thing about chili is the endless post-possibilities. Who doesn't love chilidogs? We suggest chili burgers, too.

Use one of the three recipes the Sir staff has mixed up in our cramped college-style kitchens and feel free to make it yours with some of the spices and toppings after the jump.

YOU HAVE:

GROUND BEEF

One pound



MEATBALLS

14-16 ounces



TURKEY

Five cups



ADD:

1 large onion, chopped
2 15oz cans of chili -beans
in chili gravy
14.5oz can diced tomatoes
and green chiles
11.5oz can hot-style
vegetable juice

1 can corn
1 can black beans
1 can chopped tomatoes
1.5 C water
1 T chili powder
3 T tomato paste

3 15oz cans kidney beans
2 14.5oz cans chicken broth
4.5oz can diced green chiles
4 cloves minced garlic
2 T olive oil
3 T chili powder
2 C chopped onion
Sprinkle dried oregano

KEY:

T = Tablespoon

t = teaspoon. DO NOT confuse with "Big T"

C = Cup. Not any cup, a measuring cup. Don't have one? Just
cut the top off a beer can, now you have a 12 ounce one

Sprinkle = Not actually a technical term

Chopped = Cut into tiny squares

Minced = Your guess is as good as ours





SURE, TOSS IT IN:

**Check around your room, man.
You're bound to find one of these
chili toppers lurking somewhere.**

- 1.** Any half-eaten bag of chips you can find.
- 2.** Sriracha for a spicy kick.
- 3.** Crackers, duh. You already knew that one. What do you need us for?
- 4.** Cheese. Lots of cheese. ALL THE CHEESE.
- 5.** Beer. Yes, really. The alcohol will cook off, but a hoppy flavor will stay.
- 6.** Peanut butter adds a mild nutty flavor, and tiny chunks of peanut if you don't have any smooth on hand.
- 7.** Peppers. Another duh.
- 8.** Stale bread works as croutons. Fresh bread is good for soaking up soup.